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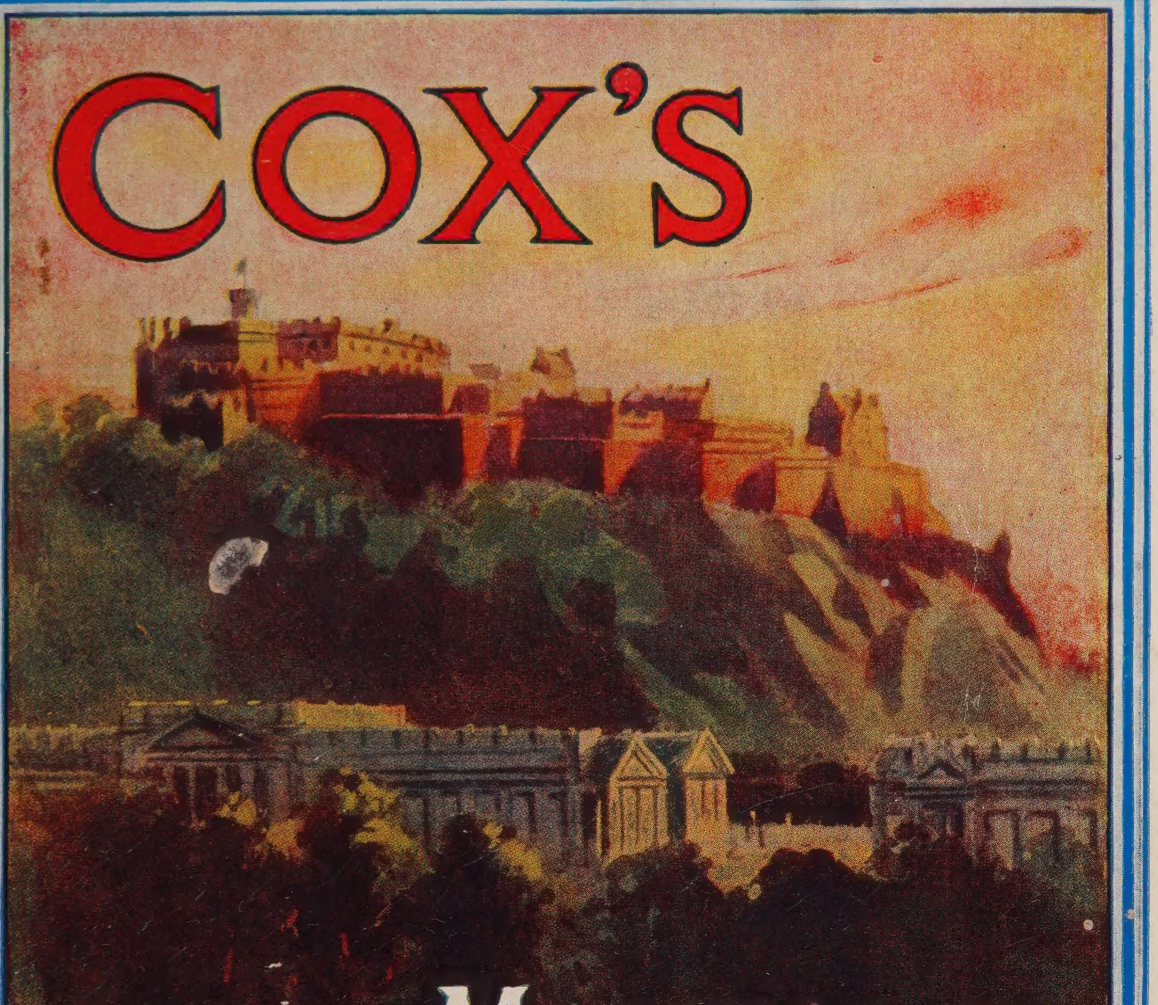

MANUAL OF GELATINE COOKERY

COX'S
INSTANT POWDERED
GELATINE
GUARANTEED ABSOLUTELY PURE and of the highest quality manufactured. Unrivalled in making RICH CRYSTALLINE JELLY and many other Dainty Dishes. Dissolves instantly in Hot Water and needs no soaking
Each Genuine Packet bears the MAKERS SIGNATURE
J & G Cox
GELATINE WORKS Corporation EDINBURGH
COX'S INSTANT POWDERED GELATINE

J & G COX
LIMITED
GORGIE MILLS
EDINBURGH
SCOTLAND

22501240859

COX'S MANUAL

OF

GELATINE COOKERY

SEVENTH EDITION
REVISED AND ENLARGED
SECOND IMPRESSION

J. & G. COX, LIMITED
GORGIE MILLS, EDINBURGH
1935

Special thanks are due for valuable aid in compiling the present Edition of the Manual to Miss ESTHER CLERK of Glasgow; Miss MARION H. NEIL, formerly of Glasgow, and now of Philadelphia, U.S.A.: and Miss Jessie J. WILLIAMS of London.

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Cox's Manual of Gelatine Cookery

SEVENTH EDITION

INTRODUCTION

THE excellent qualities of COX'S INSTANT POWDERED GELATINE, and the favourable reception it has met with on the part of the public, have led the proprietors in issuing the Seventh Edition of this Manual to adapt all the recipes to the use of their INSTANT POWDERED GELATINE.

In the present edition the book has been entirely rewritten and greatly enlarged. One or two completely new sections have been added, and the others have been amplified. Special attention is directed to the new section entitled FROZEN DISHES, which contains a number of novel and delicious recipes; and to the ECONOMICAL RECIPES, a selection of recipes which do not call for costly ingredients, such as whipping cream, wines, etc. A number of miscellaneous uses for Gelatine not generally familiar are given in the closing section. A feature which should be appreciated is the marking of the recipes in the Index according as eggs are or are not required, and according as whites or yolks of eggs only are wanted.

While COX'S INSTANT POWDERED GELATINE is specified in every recipe, the older shredded form may equally well be used, provided the Gelatine required is soaked in a portion of the water, or other liquid prescribed, for about ten minutes before being dissolved over the fire.

CONDITIONS OF MANUFACTURE

There is one point on which we feel we cannot lay too great stress. Every ounce of COX'S GELATINE is made throughout in our own factory, under our own control, and subject to the close inspection of our scientific staff. From the testing and examination of our Raw Materials right through the processes of cleansing, cooking, drying, and packing, our trained chemists are continually at work watching minutely lest anything occur in the least degree detrimental to the quality of our product.

Particular attention is paid to the cleanliness of every part of our factory. We are, moreover, in possession of an abundant and continuous supply of pure mountain water of unequalled quality for GELATINE manufacture which of itself puts us in an exceptionally favourable position. Further, our factory is situated in the western suburbs of Edinburgh, remote from the principal manufacturing districts of the city, so that we have the advantage of a pure and uncontaminated air.

COX'S GELATINE made under such ideal conditions has an unrivalled claim to be the best GELATINE in this or any other market, and cannot but uphold that reputation which it deservedly gained so many years ago, and retains undimmed to-day.

COX'S INSTANT POWDERED GELATINE

This GELATINE consists of COX'S REFINED SPARKLING GELATINE so long familiar to our friends, reduced mechanically to a very fine powder which requires no soaking in cold water previous to being dissolved, but will dissolve instantly when stirred with boiling water. We confidently recommend the INSTANT POWDERED GELATINE to the consideration of our friends. It dissolves more quickly than any other GELATINE sold, and possesses as well all the other excellent qualities which have always distinguished COX'S GELATINE.

All good cooks are aware that no preparation makes jellies so dainty as COX'S INSTANT POWDERED GELATINE, which produces those light, elegant, and tremulous jellies which do not break when turned out of the mould.

SCOPE OF THE BOOK

It has been our endeavour to make this book the most complete compendium of GELATINE COOKERY in the world. We have aimed at including in it recipes of all kinds, simple as well as elaborate, so that the book may be as widely serviceable as possible. We desire to draw special attention to the section dealing with Economical Recipes. There are many formulas in the remainder of the book which are somewhat costly, and in order to save our friends trouble in looking out the least expensive recipes for themselves, we have thought it best to group them together in a special section.

The various formulas are grouped under the following heads :—

I. SWEET JELLIES.
II. SAVOURY JELLIES.
III. SALADS.
IV. SAVOURIES.
V. ECONOMICAL RECIPES.
VI. CONFECTIONERY.
VII. CREAMS.
VIII. FROZEN DISHES.
IX. PUDDINGS.
X. INVALID RECIPES.
XI. MISCELLANEOUS.

CONDITIONS OF TEMPERATURE

In compiling recipes for GELATINE it is difficult to give exact quantities, as GELATINE is greatly influenced by temperature. The recipes have been compiled so as to be suitable for use under ordinary conditions of temperature. In warm weather more GELATINE or less liquid should be used than is prescribed. This, however, must be left largely to the discretion of the cook.

SPECIAL HINTS ON FLAVOURING

In all moulds where brandy or essences are used in flavouring do not add these until the mixture is removed from the fire, or much of the strength will be lost. In recipes where the juice of one or more oranges or lemons is prescribed, the amount of sugar given is to be regarded as approximate. Allowance should be made for individual tastes as well as for variation in the fruits both in size and degree of acidity. Dishes over-sweetened are more troublesome to set and turn out than those prepared with an average amount of sugar.

GELATINE AS A VEHICLE

While GELATINE in itself is a valuable form of nourishment, it is of the greatest service as a means of presenting other articles of diet in an attractive and easily assimilated form. There are many persons for whom milk would be extremely nutritious who either do not relish it or are unable to assimilate it. GELATINE, however, added to milk makes it more digestible, the curds become finer, and digestion is thereby facilitated. It very frequently happens that when presented in the form of a Jelly or Blanc-Mange milk is readily and quickly digested. COX'S GELATINE is distinguished by the facility with which it can be used with milk. Many GELATINES bring about the curdling of the milk when mixed with it, but it will be found that with COX'S GELATINE this is not the case.

GELATINE IN SOUP

COX'S GELATINE is most valuable in reinforcing soup stock. Many thin and watery stocks may be converted into rich-bodied and nutritious soups by adding COX'S GELATINE.

GELATINE is necessary in the preparation of the cold bouillon and consommé so much esteemed in hot weather. No special formula can be given as to the quantity to be used. This depends upon the density of the stock, and must be left to the judgment of the cook; but in ordinary cases, ½ ounce to 1 quart of soup will greatly enrich the stock.

GELATINE IN INVALID COOKERY

The value of GELATINE in an invalid diet is often overlooked. In addition to the nutritive value of the GELATINE itself, it is a most valuable means of conveying other kinds of nourishment in an appetizing and easily digested form. Nourishing Soups, Jellies, Blanc-Manges, and other simple dishes may be made by this means, and will often tempt a patient where ordinary methods fail.

GELATINE WITH COLD MEAT

GELATINE is indispensable when one has bits of cold meat, fish, game, or the remains of joint to dispose of, for when these are made up with GELATINE in pretty moulds they form most acceptable and attractive lunch or supper dishes. Moreover, used when meats are re-cooked (especially boiled or soup meats) GELATINE replaces some of the important constituents which have been extracted and wasted in the first cooking.

WEIGHING AND MEASURING INGREDIENTS

The formulas throughout this book have been prepared with great care. The weights of all solids have been given in ounces and the measures of all liquids in pints, and it is strongly advised that these weights and measures be strictly adhered to as certain to give the most satisfactory results.

Successful Jelly Making

THE CORRECT WAY TO USE COX'S INSTANT POWDERED GELATINE

GELATINE softens and swells in cold water, but it does not dissolve until the liquid is heated. It is when the solution cools that it solidifies to a firm jelly. GELATINE is indispensable in the preparation of jellies, creams, ices, blanc-manges, and other dainty delicacies. It is also used in making consolidated extract of meat and soup, and in many preparations of confectionery.

When COX'S INSTANT POWDERED GELATINE is to be dissolved in milk, it is recommended that the GELATINE be added to the cold milk, and that the whole be then slowly warmed and stirred until the GELATINE dissolves.

One thing that the cook or the housewife must remember is that GELATINE MUST NOT BE BOILED except when specially advised in the recipes. If boiled for any length of time the GELATINE will no longer set on cooling, and the dish in preparation will be spoiled.

GENERAL DIRECTIONS

Always use good sugar. Egg-shells should first be washed in salt and water. Cut the rinds of lemons thinly, or the jelly will have a bitter taste. To get the greatest amount of juice from the lemons in the shortest space of time, a glass lemon squeezer should be used.

If the jelly is allowed to come very slowly to boiling point it will be more effectually cleared, as the impurities of the sugar and the thicker portions of the lemons thus rise more surely with the egg than if this part of the process is too rapidly carried out. Never stir the jelly after it boils, as the scum on the top must not be broken. Wait till the jelly is beginning to set a little before pouring into the mould.

In Macedoines or fruit jellies, more GELATINE must be used, as a firmer jelly is required to bear the weight of the fruit. The larger the mould the more GELATINE is required in proportion. Metal moulds are best for general use: either copper or block-tin with copper tops. Glass, steel, crockery, granite, and enamel ware are also used for moulds.

Be careful to rinse the mould in cold water just before pouring in the jelly. In turning out jellies and puddings immerse the mould quickly in hot water, dry it with a cloth, and turn it out on to a cold dish.

To line a mould with jelly, put some cool but liquid jelly into a mould that has been rinsed with cold water and, if possible, put to stand on ice. Turn the mould round and round so that the jelly runs over every portion. Keep the mould on crushed ice as it is turned. The jelly should form a thin but perfect glaze all over the mould. If a thicker layer is required, let the first layer set, then pour in more liquid jelly and repeat the process.

Left-over jelly can be utilised as well as any other left-over food. A plain jelly can be melted and moulded in a different shape.

Take the remains of any moulded jellies or creams and cut them into blocks. Line a mould with plain jelly, fill with the blocks and pour in sufficient liquid jelly to fill all the crevices.

Whipping jelly when it has started to stiffen will make it foam like cream or the white of an egg.

If flowers are moulded in the jelly, rinse them off in cold water and wipe the stems and leaves dry before placing them in the centre of the mould. Remember that the mould will be turned upside down, so that the prettiest side of the flower must be downward. Pour in jelly to the depth that the flower is wanted from the top, and allow this to harden before the flower is laid in.

To dispense with a border mould pour some jelly into the mould, make a hole in the centre by placing a small wet jar in the middle of it. Put in ice or in a cold place, and when set fill the jar with hot water and lift out carefully. Fill up the hollow quickly with a prepared mixture.

To garnish jellies, dip the garnish into cool liquid jelly and press it well down into the bottom of the mould. When firm, pour in the cool jelly very gently ; if there is to be a garnish between layers of jelly of various colours, wait until the layer is becoming solid, but is not quite set ; then dip the garnish into some liquid jelly, place it in position, and leave until firm before adding another layer.

When wine is added to jellies it is well to boil up with the other ingredients, as, if added after, it tends to cloud the jelly. Brandy and essences, when recommended, are better added after.

All dishes of this class should be sent to table at the last moment, and not be allowed to stand in a warm room, this being fatal to appearance and flavour : as the colder they are, the better.

Use as little GELATINE as possible ; that is to say, never use more than will suffice to make a jelly strong enough to retain its form when turned out of the mould. People accustomed to using GELATINE will know that its "setting" power is very much affected by the temperature.

HOW TO CLEAR A JELLY

To make a perfectly clear jelly, firm yet apparently almost trembling to its fall, it is only necessary that care and a little trouble should be taken.

The jelly-bag should be a felt or close flannel one of good quality, and if the material is not thick it should be double.

Pour the jelly through slowly until clear, each time placing a clean hot basin underneath instead of the one removed. The jelly must take its own time to run through, and must on no account be squeezed or shaken, or it will immediately become cloudy.

While straining stand the jelly in a warm place, for if at all chilled it will soon cease to run through the bag. As soon as the bag is done with, turn it inside out, throw it into a pan of boiling water and stir it about with a spoon until it is cleansed. Have another pan of boiling water and again treat the bag in the same manner. Add as much cold water as will enable you to wring out the bag dry. If possible, dry it in the open air.

Never use soap in washing it, and put it away when quite dry, not before. Everything used must be free from grease, and the bag kept for the one purpose.

The utmost cleanliness is imperative to ensure the perfection of the jelly. So delicate a substance not only contracts a disagreeable flavour, but it is rendered cloudy by the least touch of any greasy spoon, or by a saucepan which has not been properly cleaned.

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Note.—Recipes without prefix require the use of eggs.

† Denotes that no eggs are required for the recipe.

* Denotes that whites of eggs only are required.

** Denotes that yolks of eggs only are required.

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Cox's Instant Powdered Gelatine

SELECTED RECIPES

COX'S GELATINE is now issued to the public in powdered form, and packed in a box covered with the familiar red, white, and blue tartan pattern. It is easy to use, gives a clear jelly, and is a model of reliability.

COX'S INSTANT POWDERED GELATINE

is the most convenient form in which Gelatine can be used, for it requires no soaking, but dissolves instantly in warm water. For convenience in handling it is unrivalled, and may be depended upon as being of uniform strength, and as always giving the same results in use.

General directions for the use of COX'S INSTANT POWDERED GELATINE are given in the Introduction, to which special attention is requested.

THE HEADING OF EACH RECIPE SHOWS THE NUMBER OF PERSONS FOR WHOM THE PRESCRIBED QUANTITIES OF THE INGREDIENTS SHOULD BE SUFFICIENT.

COX'S SHREDDED GELATINE MAY BE USED IN ANY OF THE FOLLOWING RECIPES, BUT MUST BE SOAKED IN COLD WATER OR MILK FOR TEN MINUTES BEFORE BEING DISSOLVED.

Sweet Jellies

BENEDICTINE JELLY

[Nine to ten persons] 1

2 ozs. COX'S INSTANT POWDERED GELATINE
1 quart water
½ lb. sugar
Juice of 4 lemons
1 teaspoonful coriander seeds
1 inch cinnamon
4 cloves
3 wineglassfuls benedictine
Whites and shells of 2 eggs
Yellow colouring

Put the Gelatine into a saucepan, add all the ingredients except the benedictine and the colouring. Beat over the fire till they boil, then draw to one side and allow to settle for 5 minutes. Pour through a scalded jelly-bag. When nearly cool, add the benedictine and a few drops yellow colouring. Turn into a wet mould.

CHAMPAGNE JELLY

[Ten to twelve persons] 2

2½ ozs. COX'S INSTANT POWDERED GELATINE
1 quart water
12 ozs. sugar
½ pint champagne
½ pint sherry wine
Rind and juice 2 lemons
Juice 1 orange
2 cloves

Put the Gelatine into a saucepan, add the other ingredients, then place over a slow fire and beat till it boils. Draw gently to one side of the stove, allow to remain for 5 minutes, then pour through a scalded jelly-bag. Pour into a wet mould and set

1 inch cinnamon
½ teaspoonful coriander seeds
Whites and shells 2 eggs
Some pink rose leaves

on ice. Turn out and decorate with pink rose leaves.

3 [Five to six persons]
1½ ozs.
COX'S INSTANT
POWDERED
GELATINE
2 lbs. cherries
4 ozs. sugar
Few drops red colouring
¾ pint water
Whipped cream

CHERRY JELLY

Cook the cherries with the sugar and half a cup of the water; when tender rub through a sieve, add the colouring and the gelatine dissolved in one cup of boiling water. Mix well, then divide into custard glasses, and when set place a spoonful of whipped sweetened cream on the top of each. Decorate with ripe stoned cherries.

4 [Five to six persons]
1½ to 1¾ ozs.
COX'S INSTANT
POWDERED
GELATINE
2 firm tart apples sliced
6 ozs. loaf sugar
1 pint cider
Whisked whites and crushed shells of 2 eggs
½ pint water
1 inch cinnamon
3 cloves

CIDER JELLY

Put all the ingredients together into a saucepan and warm over the fire, stirring all the time. Bring to the boil, set aside for a few minutes and strain into a mould. Less sugar should be used if sweet cider is employed.

5 [Twelve to fourteen persons]
2 ozs.
COX'S INSTANT
POWDERED
GELATINE
1 pint water
1 pint claret
½ lb. sugar
1 inch cinnamon
4 cloves
1 blade mace
Rind and juice 2 small lemons
½ pint raspberry jam, or syrup from fresh fruit
Few drops red colouring
Whites and shells 3 eggs
Whipped cream

CLARET JELLY

Put the Gelatine into a saucepan, add all the other ingredients except the cream and the colouring. Place over a slow fire and beat the mixture until it boils; remove the beater, draw to one side and allow to remain for 5 minutes. Strain through a scalded jelly-bag, then colour with red colouring. Pour into a wet mould. If preferred, turn into a ring mould and serve with whipped cream in the centre.

6 [Five to six persons]
1 oz.
COX'S INSTANT
POWDERED
GELATINE
¼ pint boiling water
¾ pint orange juice
Juice 1 lemon
6 ozs. sugar
Some good figs
Cream and iced cakes

FIG AND ORANGE JELLY

Wash the figs, cut them into small pieces, measure rather more than half a pint, put them into a saucepan, cover with cold water and cook very slowly until tender. Strain and then put rather more than half a pint of the fig juice into a saucepan, add the Gelatine dissolved in the boiling water, the sugar, lemon, and orange juice. When

beginning to set, add the figs and divide into small wet moulds. Turn out when set and serve with cream and iced cakes.

GRAPE FRUIT JELLY

Put the Gelatine into a saucepan, add all the ingredients except the wine, stir over the fire until they almost boil, then strain and add the sherry. Divide into small wet moulds. Turn out when set. This jelly is very good when served with whipped and sweetened cream.

[Six to seven persons] 7
1 oz.
COX'S INSTANT
POWDERED
GELATINE
¾ pint water
4 ozs. sugar
1½ pints grape fruit juice and pulp
2 teaspoonfuls lemon juice
2 tablespoonfuls sherry wine

LEMON JELLY

Put the water and Gelatine into a saucepan and stir in the other ingredients. Place the pan over the fire and beat continually until boiling. Remove the beater, draw the pan to one side of the stove, and allow to remain covered for 10 minutes. Strain through a hot jelly-bag. When cool, pour into a wet mould and turn out when set.

[Six to seven persons] 8
1½ ozs.
COX'S INSTANT
POWDERED
GELATINE
1½ pints water
¼ pint lemon juice
½ lb. sugar
1 inch cinnamon
4 cloves
1 teaspoonful coriander seeds
Thinly cut rinds 3 lemons
Whites 2 eggs slightly beaten, shells crushed
1 bay leaf

MARASCHINO JELLY

Put the Gelatine into a saucepan, add all the other ingredients except the silver leaf and cherries. Set the pan over the fire and whisk until the mixture boils. Remove, whisk, allow to boil up, then draw the pan to one side, cover, and leave for 10 minutes. Strain through a hot jelly-bag. When beginning to set, add the silver leaf and cherries and pour into a wet mould. Turn out carefully when set.

[Seven to nine persons] 9
2 ozs.
COX'S INSTANT
POWDERED
GELATINE
1 quart water
12 ozs. lump sugar
¼ pint maraschino
½ pint pale sherry wine
Juice and rind 2 lemons
Juice 1 orange
3 cloves
½ teaspoonful coriander seeds
Whites and shells 2 eggs
A little pure silver leaf
3 ozs. maraschino cherries

ORANGE JELLY

Put the Gelatine into a saucepan, add all the ingredients except the apricots and almonds; beat over the fire till they boil, then remove the beater, allow to boil up, draw on one side, leave covered for 10 minutes, then pour through a hot jelly-bag. Turn into a wet mould. Serve garnished with halves of apricots, the seeds of which have been removed and blanched almonds put in their place.

[Six to seven persons] 10
1½ ozs.
COX'S INSTANT
POWDERED
GELATINE
Rind 4 oranges
Juice 8 oranges
Rind and juice 1 lemon
5 ozs. sugar
2 inches cinnamon
1 bay leaf
Whites and shells 2 eggs
Enough water to make 1 quart with orange and lemon juice
Some halves of apricots
Few blanched almonds

11 [Six to seven persons]
1½ ozs.
COX'S INSTANT
POWDERED
GELATINE
1 ripe pineapple or 1½ pint tin
2 pints water
8 ozs. sugar
Rind and juice 1 lemon
White and shell 1 egg
½ pint grated pineapple

PINEAPPLE JELLY

Peel and cut a pineapple into small pieces, put into a saucepan with three cups of the water, simmer for half an hour. Strain into another saucepan, add another cup of water, the Gelatine, sugar, rind and juice of lemon, crushed shell and beaten white of the egg. Keep hot for 20 minutes without boiling, strain into small wet pineapple moulds. When ready to serve, carefully disengage the jelly from the moulds and serve on a glass dish with the grated pineapple.

12 [Eight to nine persons]
¾ oz.
COX'S INSTANT
POWDERED
GELATINE
½ pint boiling water
½ lb. sugar
½ pint sherry wine
1 tablespoonful lemon juice
Juice 2 oranges
½ lb. good prunes

PRUNE JELLY

Wash the prunes, put them into a small basin, add half a cup of water, cover and steam until soft. Remove the stones and place the prunes in a wet mould. Put the Gelatine into a saucepan, add the water, sugar, wine, orange and lemon juice. Stir over the fire until the sugar is dissolved, then strain over the prunes. Serve with whipped sweetened cream.

13 [Six to seven persons]
1 quart lemon or wine jelly (Recipes Nos. 8 or 18)
A little sherry wine
Red colouring
Green colouring
A little chartreuse

RIBBON JELLY

Divide the jelly into three equal parts, colour one part with red colouring and flavour with sherry; leave one part plain; colour the third with green colouring and flavour with chartreuse. Pour the green part into a wet mould, then the plain, then the pink jelly. Great care must be taken that each layer is perfectly firm before pouring in the other, or the effect will be spoiled. Turn out when set. The appearance of this dish is greatly improved by using a border mould for the jelly and afterwards filling the centre with whipped and sweetened cream.

14 [Eight to nine persons]
2 ozs.
COX'S INSTANT
POWDERED
GELATINE
½ pint water
10 ozs. loaf sugar
3 lbs. rhubarb
Rind ½ lemon
Red colouring
Cream

RHUBARB JELLY

Put the sugar, water, and lemon into a saucepan, bring to boiling point, add the rhubarb washed and sliced, simmer gently for half an hour, then strain. Add the Gelatine, stir till dissolved, add a few drops red colouring, then pour into a wet mould, turn out when set, and serve with cream.

RUSSIAN JELLY

[Eight to ten persons] 15

1¾ ozs.
COX'S INSTANT
POWDERED
GELATINE
1 pint water
10 ozs. loaf sugar
1 gill rum
2 cloves
2 inches cinnamon
1 bay leaf
1 teaspoonful coriander seeds
Pinch of grated nutmeg
Rinds 3 lemons
Juice 6 lemons
Rind 1 orange
Juice 2 oranges
Whites 2 eggs
Crushed shells 2 eggs
1 wineglassful curaçao

Put the Gelatine into a saucepan, add all the ingredients except the curaçao. Whisk over the fire till it just comes to the boil. Lift the pan gently from the fire and let it stand on the side of the stove for 10 minutes. Strain through a hot jelly-bag and when cool add the curaçao. Whisk about half of the jelly till it resembles a stiff froth. Then fill a wet mould with alternate layers of the beaten spongy jelly and clear jelly. This is best performed by placing the mould in a basin of crushed ice, as it is essential that each layer of jelly should be set before the next is poured in. If carefully done this makes a most effective mould.

SPICE JELLY

[Seven to eight persons] 16

1¼ ozs.
COX'S INSTANT
POWDERED
GELATINE
1½ pints water
9 ozs. loaf sugar
6 cloves
1 inch cinnamon
1 blade mace
1 teaspoonful coriander seeds
Thinly cut rind 2 oranges
Thinly cut rind 1 lemon
Whites and shells 2 eggs
1 teaspoonful red colouring
Some iced cakes

Put the Gelatine into a saucepan, and add all the other ingredients except the colouring. Beat until boiling, remove beater, allow to boil up, draw to one side, cover and leave for 5 minutes. Strain through a hot jelly-bag, add colouring, and pour into a wet mould. When set, turn out and garnish with cubes of sponge cake iced with pale green icing and a nut meat on top of each.

STRAWBERRY JELLY

[Eight to ten persons] 17

2 ozs.
COX'S INSTANT
POWDERED
GELATINE
1 lb. strawberries
½ lb. sugar
1 quart cold water
Juice 1 lemon
Whites and shells 2 eggs
1 tablespoonful strawberry essence
Red colouring
Whipped cream

Cut the strawberries in halves, put them into a saucepan with the water, allow them to remain for 1 hour, then add the Gelatine, whites and shells of eggs, lemon juice, and sugar. Beat till they boil, remove the whisk, draw to one side, cover and leave for 10 minutes. Strain through a hot jelly-bag, add colouring and essence, pour into a wet mould, turn out when set and serve with whipped sweetened cream flavoured with strawberry essence.

WINE JELLY

[Six to seven persons] 18

1½ ozs.
COX'S INSTANT
POWDERED
GELATINE
1½ pints water

Put the Gelatine into a saucepan, add all the ingredients except the wine. Beat till they boil, remove beater and allow to boil up. Draw to one side, cover, and leave for 10

½ pint sherry or Marsala wine
Rind 1 lemon
1 gill lemon juice
6 ozs. sugar
3 cloves
1 inch cinnamon
1 bay leaf
1 teaspoonful coriander seeds
Whites and shells 2 eggs

minutes. Strain through a hot jelly-bag, add wine, then pour into a wet mould. Turn out when set.

Savoury Jellies

COX'S SHREDDED GELATINE MAY BE USED IN ANY OF THE FOLLOWING RECIPES, BUT MUST BE SOAKED IN COLD WATER OR MILK FOR TEN MINUTES BEFORE BEING DISSOLVED.

19 1½ ozs.
COX'S INSTANT POWDERED GELATINE
1¾ pint water or stock
2 dessertspoonfuls white vinegar
4 dessertspoonfuls Tarragon vinegar
2 dessertspoonfuls sherry
1 sprig parsley
2 bay leaves
1 blade mace
4 cloves
12 whole white peppers
1 inch cinnamon
Rind and juice 1 lemon
1 level teaspoonful salt
2 lumps sugar
1 small carrot
1 onion
1 stalk celery
Whites and shells 2 eggs

ASPIC JELLY

Put the water or stock, free from fat, and the Gelatine into a large clean saucepan. Add the onion, scalded, and the carrot and celery well cleaned and cut up roughly. Add all the other ingredients and whisk thoroughly until almost boiling. Remove whisk and allow to boil up. Draw aside and infuse for five minutes, then strain through a scalded jelly cloth or bag till clear. Aspic Jelly lends itself to a great variety of useful dishes. It is used in cold entrees where the materials are moulded in the jelly, and this means that the aspic must be beautifully clear and of firm consistency.

20 [Five to six persons]
1¾ ozs.
COX'S INSTANT POWDERED GELATINE
2 dessertspoonfuls extract of beef
1 quart water
Juice 1 lemon
6 whole white peppers
2 bay leaves
1 onion
1 teaspoonful salt

CLEAR BEEF JELLY

Put the Gelatine into a saucepan, add water, the onion sliced, and all the other ingredients. Beat over a gentle heat until boiling, remove beater, allow the thick scum to rise to the top of the pan, draw on one side of the stove, cover and allow to stand for 10 minutes. Pour two quarts of boiling water through a jelly-bag,

then the jelly. Turn into a wet mould and use as required when set.

Whites and shells 2 eggs
1 blade mace
4 cloves
1 wineglassful sherry wine

CUCUMBER JELLY

[Four to five persons] **21**

Put the Gelatine into a saucepan, add all the ingredients except the colouring. Stir over a gentle heat until the Gelatine is dissolved, strain and add colouring. Pour into a small wet mould and set in a cool place for several hours. It should be a pale translucent green. Turn carefully out of the mould, cut into neat pieces, and cover with French dressing. Serve with fish.

½ oz.
COX'S INSTANT POWDERED GELATINE
1 gill water
4 dessertspoonfuls vinegar
4 good-sized grated cucumbers, 1½ lbs.
½ teaspoonful salt
½ teaspoonful whole white peppers
1 teaspoonful onion juice
Few drops green colouring
French dressing (Recipe No 185)

GAME JELLY

[Eight to nine persons] **22**

Break the bones, put them into a saucepan, add the water, salt, peppers, cloves, mace, bay leaves, and onion sliced. Cook gently for 2 hours, strain into a basin, add the Gelatine mixed with the tomatoes, the whites of eggs slightly beaten and the shells crushed; beat till boiling, remove beater, allow the jelly to boil up, draw the pan to one side, cover and leave for 5 minutes; strain through a hot jelly-bag. When cold, use as a garnish for salad or cold game. It may be set in individual moulds.

2 ozs.
COX'S INSTANT POWDERED GELATINE
2 lbs. game bones
1 quart water
1 tin tomatoes
1 teaspoonful whole white peppers
2 teaspoonfuls salt
6 cloves
1 onion
1 blade mace
2 bay leaves
Whites and shells of 2 eggs
Rind and juice 1 lemon

TOMATO JELLY

[Eight to ten persons] **23**

Put the Gelatine into a saucepan, add the water and all the other ingredients except the colouring; beat over the fire until boiling, remove the whisk and allow to boil up, draw to one side, and cover for 5 minutes. Pour two quarts of boiling water through a jelly-bag, then the jelly, and add colouring. Pour into a wet mould. This jelly may be moulded in a ring mould, turned out, and served with salad in the centre.

1½ ozs.
COX'S INSTANT POWDERED GELATINE
1½ pints water
1½ lbs. tinned or fresh tomatoes
1 slice of onion
Piece of celery
1 dessertspoonful tomato catsup
1 dessertspoonful Tarragon vinegar
Whites and shells 2 eggs
6 whole white peppers
1 bay leaf
1 blade mace
1 teaspoonful salt
½ teaspoonful sugar
2 cloves
Red colouring

Salads

COX'S SHREDDED GELATINE MAY BE USED IN ANY OF THE FOLLOWING RECIPES, BUT MUST BE SOAKED IN COLD WATER OR MILK FOR TEN MINUTES BEFORE BEING DISSOLVED.

24 [Six to eight persons]
1 pint lemon jelly (Recipe No. 8)
Tart apples
Grape fruit
Celery
Pineapple
Some lettuce
Blanched walnut meats
Mayonnaise
Red colouring
Whipped cream

DOMINION SALAD

Slice some of the apples, grape fruit, celery, and pineapple into after-dinner coffee cups. Fill with lemon jelly coloured red. When set, turn out on crisp lettuce leaves, press half a walnut meat on the top. Serve with stiff mayonnaise made with plenty of whipped cream.

25 [Six to seven persons]
¾ oz.
COX'S INSTANT POWDERED GELATINE
1 gill boiling water
1 quart cranberries
4 ozs. raisins
4 ozs. sugar
Juice 1 lemon
½ teaspoonful ground cloves
½ teaspoonful ground cinnamon
Some shredded lettuce

CRANBERRY SALAD

Wash the cranberries, put them into a saucepan, add the raisins, cover with cold water, and cook till tender. Rub through a sieve, measure 1 pint of the pulp, add to it the Gelatine dissolved in the boiling water, the lemon juice, sugar, cloves, and cinnamon. Pour into a wet ring mould. Turn out when set and fill the centre with the lettuce.

26 [Eight to ten persons]
½ oz.
COX'S INSTANT POWDERED GELATINE
½ pint boiling water
3 bananas
½ lb. white grapes
½ lb. black grapes
1 lemon
2 oranges
1 grape fruit
1 small pineapple
4 ozs. sugar
1 oz. pistachio nuts
1 bottle white wine

FRUIT SALAD

Dissolve the Gelatine with the water, strain it into a salad bowl, add all the fruits, lemon juice, sugar, wine, and the pistachios blanched and chopped. Serve as cold as possible.

27 Aspic jelly (see Recipe No. 19)
Cochineal
Various cooked vegetables, *e.g.* peas, French beans, asparagus, etc.
Lobster meat
Anchovy
Prawns
Olives
Mushrooms

RUSSIAN SALAD

Fill a border mould with layers of aspic jelly coloured red with a few drops of cochineal, placing on each layer, after allowing it to set, pieces of the cooked vegetables. Cut the meat of the lobster into neat pieces and put them into a bowl. Add some fillets of anchovy, shelled prawns, a few olives, 12

mushrooms, and 6 truffles. Cut small and add one tablespoonful French capers; moisten with red mayonnaise sauce. Turn out the border mould, fill the centre with the above mixture, and serve.

Truffles
Capers
Mayonnaise sauce

TURKISH SALAD

Peel and slice the cucumbers, place them in a saucepan with the cold water, bring to boiling point, and cook slowly till soft. Dissolve the Gelatine with the boiling water, then add the onion juice, vinegar, seasonings, and cucumbers. Strain and add a few drops of green colouring. Pour into a wet ring mould, chill thoroughly, remove from the mould, fill the centre with red mayonnaise, and garnish with sliced cucumbers and tomatoes and crisp lettuce leaves.

1 oz. COX'S INSTANT POWDERED GELATINE **28**
3 large cucumbers
1 teaspoonful onion juice
½ pint boiling water
½ pint cold water
Dash of red pepper
½ teaspoonful salt
Few sliced tomatoes
Some crisp lettuce leaves
Red mayonnaise (Recipe No. 198)
1 dessertspoonful vinegar
Green colouring

UNITED RUSSIAN SALAD

Chop all the vegetables. Pour a little aspic into a wet ring mould, set on ice, and when firm arrange in the anchovies, some of the chopped vegetables, a layer of mushrooms, and one of the salmon; then the anchovies, vegetables, and fish again. When the mould is full, pour in the aspic, which should be cool, not hot. Turn out when set, fill up the centre with chopped cucumber and lettuce. Garnish with the eggs and caviare. Serve with mayonnaise dressing.

[Twelve to fourteen persons] **29**
Some aspic jelly (Recipe No. 19)
1 lb. boiled salmon
12 anchovies
½ tin mushrooms
2 hard cooked eggs
1 boiled potato
1 cooked beet
1 head celery
1 cup tinned peas
2 dessertspoonfuls capers
2 chopped Gherkins
½ can of caviare
Chopped cucumbers and lettuce

Savouries

30 [Six to seven persons]
1 pint aspic jelly (Recipe No. 19)
½ lb. cold cooked tongue
3 hard cooked eggs
½ pint freshly-boiled green peas
Few strips of chili
Some salad

ASPIC OF TONGUE

Pour a little liquid aspic into a wet ring or fancy mould and allow to set. Decorate the bottom of the mould with some fancifully cut pieces of the cooked eggs. The decoration may be picked out with green peas, strips of chili, or any decoration that may be at hand. Set the decoration down with a little of the aspic. When set, lay in slices of the tongue, hard cooked eggs, and groups of the peas, setting each layer with the aspic before putting in the next, and so on till the mould is full. Turn out when set and serve with salad in the centre.

31 [Eight to ten persons]
1 quart aspic jelly (Recipe No. 19)
1 lb. cooked salmon
6 boned anchovies
2 teaspoonfuls chutney
1 gill cream
Yolks 3 hard cooked eggs
½ lemon
½ wineglassful sherry wine
Salt, pepper, paprika, nutmeg
Salad and cucumber

CHARTREUSE OF SALMON

Coat a wet plain mould evenly with melted aspic. Set the jelly about a quarter of an inch thick in the bottom of the mould. Decorate prettily with cut cucumber, setting the design with more aspic. Remove the skin and bones from the salmon. Pound it with the yolks of the eggs, anchovies, and chutney, then add the sherry, lemon juice, and 1 cup of liquid aspic. Rub this mixture through a sieve, season it carefully, and gradually stir in the cream lightly beaten. Put a layer in the mould, making it half an inch thick, then let it set. Keep the rest of the mixture warm enough to prevent it setting; over hot water is the best place. When the salmon layer is set, pour in melted aspic to the desired depth and continue these layers of salmon cream and jelly until the mould is full, setting each layer before another is added. Turn out when set, and garnish the base with cut cucumber or salad and serve with or without mayonnaise dressing.

CHICKEN GLACÉ

[Ten to twelve persons] 32

½ oz. COX'S INSTANT POWDERED GELATINE
1½ pints good chicken broth seasoned and flavoured
1 pint whipped cream

Make the chicken broth hot and dissolve the Gelatine in it. Strain into a basin and allow to cool. Add the whipped cream lightly, turn into a freezer and freeze as for ice cream. Serve in small cups.

COD CREAMS

[Four to five persons] 33

½ oz. COX'S INSTANT POWDERED GELATINE
1 gill tomato pulp
½ lb. cooked cod
1 tablespoonful mayonnaise sauce
½ pint whipping cream
Aspic jelly (Recipe No. 19)
Chopped parsley

Coat some small wet moulds with liquid aspic, then set them in a cool place. Free the cod fish from skin and bones and rub it through the sieve. Mix the Gelatine with the tomato pulp, then dissolve and strain to the fish, add mayonnaise sauce with two tablespoonfuls of liquid aspic and the whipped cream. Fill the moulds with this mixture, then turn out when set, and garnish round the edge with chopped aspic and parsley.

COLD HALIBUT CREAMS

[Six to eight persons] 34

½ oz. COX'S INSTANT POWDERED GELATINE
¼ cup boiling water
1 gill white sauce
1 teaspoonful anchovy sauce
1 gill whipping cream
Aspic jelly (Recipe No. 19)
Tomato jelly (Recipe No. 23)
1 teaspoonful lemon juice
½ teaspoonful vinegar
¼ teaspoonful paprika
1 lb. cooked halibut
Chopped parsley
Some cress
1 hard cooked yolk of egg
Few chopped pickled walnuts

Chop the fish, then pound it finely. Coat some small wet moulds with liquid aspic, allow to set, then decorate with a little chopped parsley, a little yolk of the egg rubbed through a sieve, and a little chopped pickled walnut. Dissolve the Gelatine with the water, add the halibut, paprika, anchovy and white sauce, vinegar, and lemon juice. Fold in the whipped cream. Fill the moulds with this mixture, then pour on the top of each a thin layer of aspic. When firm, turn out on to a cold dish. Serve garnished with cress, chopped aspic, and tomato jelly.

COLD SOUFFLÉ OF FOIES GRAS

[Five to six persons] 35

½ oz. COX'S INSTANT POWDERED GELATINE
1 jar foies gras
½ pint whipping cream
1 wineglassful sherry wine
1 gill consommé
2 whites of eggs
Few rings of truffles
Little aspic jelly (Recipe No. 19)

Rub the foies gras through a sieve, add the wine, the Gelatine dissolved in the consommé, the eggs stiffly beaten, and the whipped cream. Pour into an oiled soufflé dish, then put on ice for 2 hours. Garnish with rings of truffles, pour a little aspic over the top, allow to set and serve.

CHICKEN MOULD

36 [Six to eight persons]
½ oz. COX'S INSTANT POWDERED GELATINE
1 gill boiling water
½ pint cooked diced chicken
1 tablespoonful pâté des foies gras
1 tablespoonful sherry wine
Yolks 2 eggs
Whites 8 eggs
½ pint whipping cream
½ pint chicken stock
Salt and pepper
Celery and lettuce

Put the chicken into a basin, add the foies gras and sherry wine. Beat the yolks in a saucepan, stir in the stock, add chicken mixture, and cook one minute. Cool, add the Gelatine dissolved in the boiling water, fold in the whipped cream and the whites of the eggs stiffly beaten. Pour into a wet mould, set on ice for 6 hours, turn out carefully, and decorate with celery and lettuce.

CHICKEN CREAMS

37 [Four to five persons]
½ pint aspic jelly (Recipe No. 19)
6 ozs. cooked chicken
2 ozs. cooked ham
4 tablespoonfuls cream
2 tablespoonfuls white sauce
1 lb. tomatoes
Some rounds of pastry
Salt
Pepper
Paprika

Cook the tomatoes until tender, then rub them through a sieve, add eight tablespoonfuls melted aspic, salt, pepper, and paprika to taste. Rinse some small fancy moulds with cold water, coat them thickly with aspic and tomato mixture, then leave till set. Chop chicken and ham finely, pound and rub through a sieve, add white sauce, a little salt and pepper, two tablespoonfuls melted aspic, and the cream slightly beaten. Fill into the prepared moulds, smooth evenly over, and leave until set. Turn out on the pastry and arrange on a pretty dish.

CREAM OF FRESH MUSHROOM SOUP

38 [Four to five persons]
½ oz. COX'S INSTANT POWDERED GELATINE
½ lb. fresh mushrooms
2 ozs. butter
2½ pints milk
Yolk of one egg
½ gill cream
Some whipped cream

Peel the mushrooms and chop them, stems included, quite finely. Put the butter into a stewpan, and when hot add the chopped mushrooms and let them cook gently for 20 minutes. Warm the Gelatine in the milk until dissolved. Add to the mushrooms and cook for two or three minutes, then rub the mixture through a hair sieve. Return the soup to a saucepan, season to taste with salt and cayenne, and reheat. When at boiling point add the yolk of the egg and the cream beaten together. Serve very hot with a tablespoonful of whipped cream floating on each plate.

DARIOLES OF HADDOCK

[Ten to twelve persons] 38

½ oz. COX'S INSTANT POWDERED GELATINE
½ lb. cooked, dried, or "finnan" haddock
1 gill whipped cream
1 gill good white sauce
Salt, cayenne, and lemon juice to taste
½ pint aspic jelly (see Recipe No. 19)
½ gill hot water
Truffles and cucumber skin for decoration

Mask some small dariole moulds with aspic jelly; decorate them with truffles and the thin green skin of cucumber cut into shapes. Keep on ice or in a cool place until required. Dissolve the Gelatine in the hot water. Free the haddock from all bones and skin and chop it finely, seasoning to taste with salt and cayenne. Add the dissolved Gelatine to the whipped cream, then add the white sauce, the fish, and the lemon juice and mix thoroughly. Fill the prepared moulds with the mixture. Put a thin layer of aspic jelly on the top and put aside to set. When required turn each mould out on to a small paper case and decorate round the mould with chopped aspic jelly and strips of truffle.

EGGS À LA SAN MALO

[Four persons] 40

1 pint aspic jelly (Recipe No. 19)
4 hard cooked eggs
4 slices tomato
1 oz. butter
1 teaspoonful anchovy sauce
1 teaspoonful white pepper
Few drops lemon juice
Salad oil
A very little salt
Tarragon vinegar
Little finely chopped parsley

Remove the shells and cut one end off the eggs, scoop out the yolks, put them in a basin, and add butter, anchovy, lemon juice, and pepper. Mix well and fill up the whites of the eggs. Coat them with liquid aspic, decorate with the parsley, re-coat with more aspic. Season the tomato slices with oil and vinegar and salt, lay them on a dish, put an egg on the top of each of them. Garnish with chopped parsley and aspic.

HAM MOUSSE

[Four to five persons] 41

Some aspic jelly (Recipe No. 19)
1 lb. cooked ham
3 cooked tomatoes
1 pint whipping cream
A little pepper
A little parsley

Line a wet mould with aspic and allow to set. Put the ham through a chopper, then rub it with the tomatoes through a sieve, add pepper and four tablespoonfuls liquid aspic, then fold in the whipped cream. Pour into the mould, cover with aspic, and set aside to cool. Turn out carefully and decorate with parsley.

JELLIED CHICKEN

[Six to seven persons] 42

½ oz. COX'S INSTANT POWDERED GELATINE
1 good chicken
1 onion

Singe and draw the chicken, put into a kettle of boiling water, and cook slowly until tender. Lift out and set aside to cool. Cut the meat into neat pieces. Put

2 bay leaves
½ teaspoonful whole white peppers
1 blade mace
1 teaspoonful salt
Grate of nutmeg
½ teaspoonful celery seed
8 cloves
8 hard cooked eggs
6 olives
1 tin fresh mushrooms
Some chopped parsley
Mayonnaise sauce

the skin and bones into a saucepan with one quart of the liquor, the onion cut up and the seasonings, simmer until reduced to one pint, then add the Gelatine and strain. Arrange a layer of the chicken in a wet mould, then some slices of egg, mushrooms, stoned olives, and chopped parsley, then more chicken, and so on till all are used up. Fill the mould with the stock. Turn out when set. Serve with mayonnaise sauce.

43 [Four to five persons]
¼ oz. COX'S INSTANT POWDERED GELATINE
Some aspic jelly (Recipe No. 19)
¾ lb. cold cooked salmon
1 small endive or lettuce
1 gill mayonnaise
Tarragon
Chervil

JELLIED SALMON

Mask or coat a plain wet mould with aspic, decorate with leaves of tarragon or chervil, let this set on ice. Free the salmon from skin and bone, then put into a basin, add lettuce or endive broken up into small pieces, one gill liquid aspic in which ½ oz. extra gelatine is dissolved, and the mayonnaise. Pour into the mould, turn out when set, and garnish with crisp lettuce leaves.

44 [Five to seven persons]
¼ oz. COX'S INSTANT POWDERED GELATINE
Some aspic jelly (Recipe No. 19)
Some tomato jelly (Recipe No. 23)
6 ozs. cooked tongue
8 ozs. cooked chicken
8 small tomatoes
1 gill white sauce
1 tablespoonful chutney
Red colouring
Salt and paprika
Parsley and lettuce

SAVOURY TONGUE CREAMS

Coat some wet moulds with liquid tomato jelly, then let it set. Mix the Gelatine with one gill of the tomato jelly, dissolve and strain. Chop the tongue and chicken, add the tomatoes, pound them until smooth, add the white sauce, chutney, salt, and paprika, rub through a sieve, and add the Gelatine and colouring. Divide this mixture into the moulds. Turn out when firm and garnish with parsley, lettuce, and chopped aspic.

45 [Six to eight persons]
½ oz. COX'S INSTANT POWDERED GELATINE
1 gill boiling water
Aspic jelly (Recipe No. 19)
1 teaspoonful onion juice
½ pint veal stock
1 pint cold cooked veal
2 teaspoonfuls lemon juice
1 gill whipping cream
1 or 2 truffles

VEAL MOUSSE

Line a wet mould with aspic, ornament with fancy shapes of truffle, then set away in a cool place. Dissolve the Gelatine with the boiling water. Chop the veal, then pound it, and gradually add the veal stock heated to steaming point. Rub through a sieve, add the Gelatine, onion and lemon juice, allow to cool, then fold in the cream, stir till it begins to set, then pour into the prepared mould.

WASHINGTON DARIOLES
(a Novel Dish)

Allow the aspic jelly to become cold and thick, but not set. Add to it the tomato and mayonnaise sauce and whisk until light and frothy. Add to it the lobster meat and parsley and turn into small dariole moulds which have been rinsed in cold water. Allow to set, turn out on to a bed of lettuce leaves, and decorate with the lobster coral. Serve with mayonnaise sauce.

[Eight to ten persons] 48

½ pint aspic jelly (see Recipe No. 19; using 2 ozs. Gelatine instead of the 1½ ozs. prescribed)
Lobster meat cut into dice
1 gill thick tomato sauce
4 tablespoonfuls mayonnaise sauce
1 tablespoonful finely chopped parsley

Economical Recipes

COX'S SHREDDED GELATINE MAY BE USED IN ANY OF THE FOLLOW. ING RECIPES, BUT MUST BE SOAKED IN COLD WATER OR MILK FOR TEN MINUTES BEFORE BEING DISSOLVED.

47 [Six to seven persons]
1 oz.
COX'S INSTANT
POWDERED
GELATINE
1½ lbs. apples
6 ozs. sugar
Rind and juice of 1 lemon
1 gill boiling water
1 gill cold water
Few drops red colouring

APPLE GATEAU

Dissolve the Gelatine in the boiling water. Slice the apples into a saucepan, add the cold water, sugar, grated rind and juice of the lemon. Stew slowly and rub through a sieve, then add the dissolved Gelatine, and colour pink with red colouring. Turn into a glass dish, and set in a cool place for three hours. Serve with custard or cream.

48 [Five to six persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
6 apples
6 ozs. sugar
1 gill boiling water
4 whites of eggs
Boiled custard
1 teaspoonful lemon juice
Candied cherries

APPLE SNOW

Dissolve the Gelatine with the water. Pare, core, and steam the apples until soft, then rub through a sieve and add two ozs. of the sugar, the lemon juice, and the dissolved Gelatine. Beat up the whites of the eggs stiffly, gradually add the rest of the sugar, whisking all the time, whip this meringue a tablespoonful at a time into the apples, pour it into a glass dish, decorate with the cherries and serve with the custard.

49 [Five to six persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
1½ lbs. blackberries
½ lb. good cooking apples
1 gill water
¾ lb. sugar
Thinly peeled rind ½ lemon

BLACKBERRY MOULD

Pick over the berries and put them into a saucepan, with the apples which have been cored, peeled, and cut into slices, the sugar, and one gill of water. Cook slowly until soft, then rub through a sieve. There should be one and a half cups of the purée. Dissolve the Gelatine in one gill of boiling water, then add it to the mixture. Stir for five minutes, then pour into a wet mould. Serve with whipped and sweetened cream.

50 [Five to six persons]
1 oz.
COX'S INSTANT
POWDERED
GELATINE
1 pint boiling water
Juice 2 large lemons

BELLEVUE LEMON SPONGE

Line a wet mould with the coloured jelly and set away on ice. Dissolve the Gelatine with the boiling water, strain into a basin and cool a little, then add the lemon juice

and sugar. Beat up the whites of the eggs till they are stiff, then gradually add the Gelatine mixture, beating all the time. When it begins to stiffen pour into the prepared mould. Turn out when set and serve with cold custard sauce.

4 ozs. sugar
Whites of 4 eggs
Lemon jelly coloured red or green (Recipe No. 8)

CARAMEL BLANC-MANGE

[Four to five persons] **51**

Mix the Gelatine with the boiling water. Cook half a cup of the sugar to a dark brown syrup, add the Gelatine, cream, rest of sugar, salt, and vanilla. Strain into small wet moulds. Turn out when cold and serve with milk and sugar.

¾ oz.
COX'S INSTANT POWDERED GELATINE
⅓ cup boiling water
1½ pints thin cream
½ teaspoonful vanilla essence
6 oz. sugar
Pinch of salt

CHOCOLATE PUDDING

[Six or seven persons] **52**

Put the Gelatine into a saucepan, add the milk, sugar, and chocolate, boil for 10 minutes, stirring all the time. Remove from the fire and add the vanilla. When almost cold beat for five minutes with an egg beater. Pour into a wet border mould. Turn out when set and serve with whipped sweetened cream in the centre. Garnish with small pieces of angelica.

1 oz.
COX'S INSTANT POWDERED GELATINE
1 quart milk
4 ozs. grated sweet chocolate
1 oz. sugar
1 teaspoonful vanilla essence
Whipped cream
Angelica

CRYSTAL PALACE PUDDING

[Four to six persons] **53**

Put the Gelatine into a saucepan, add one cup of the milk, the sugar, and the cornflour mixed with the half-cup of milk. Boil for five minutes, stirring all the time. Remove from the fire, add the vanilla and yolks of eggs, mix thoroughly, and pour into a wet mould. Turn out when set and decorate with cherries.

½ oz.
COX'S INSTANT POWDERED GELATINE
¾ pint milk
2 teaspoonfuls cornflour
2 ozs. sugar
Yolks 2 eggs
½ teaspoonful vanilla essence
Few preserved cherries

DATE MOULD

[Five to six persons] **54**

Take the stones out of the dates. Cut the dates in halves, put them into a saucepan with the water and sugar, cook slowly until soft, then add the Gelatine, orange juice, wine, and red colouring. Pour into a wet border mould. Turn out when set and serve with whipped and sweetened cream in the centre.

½ oz.
COX'S INSTANT POWDERED GELATINE
¾ pint water
½ lb. good dates
½ wineglassful sherry
3 ozs. sugar
Juice 1 orange
Red colouring

55 [Two to three persons]

$\frac{1}{4}$ oz.
COX'S INSTANT
POWDERED
GELATINE
1 egg
1 gill water
1 orange
1 lemon
8 ozs. sugar

EGG JELLY

Put the Gelatine into a saucepan, add the water and the thinly cut rinds of orange and lemon. Allow them to remain for half an hour. Squeeze the juice of orange and lemon into a cup, fill it up with cold water, add to the Gelatine and stir over a slow fire till quite hot. It must not boil. Remove from the fire, cool slightly, and add the egg well beaten. Pour into a wet mould and turn out when set.

56 [Eight to nine persons]

$\frac{1}{4}$ oz.
COX'S INSTANT
POWDERED
GELATINE
1 quart cold water
4 tablespoonfuls boiling water
2 large pineapples
2 lbs. sugar

FROZEN PINEAPPLE

Pare the pineapples, grate them into a saucepan, add the cold water and sugar, and stir over the fire till they boil. Dissolve the Gelatine in the boiling water and add to the pineapple mixture. Cool, turn into a mould, and freeze.

57 [Five to six persons]

$\frac{1}{2}$ oz.
COX'S INSTANT
POWDERED
GELATINE
$\frac{1}{2}$ pint boiling water
$\frac{1}{2}$ lb. sugar
Rind and juice 8 large lemons
3 eggs
Some chopped lemon jelly (Recipe No. 8)

GOLDEN PUDDING

Put the Gelatine into a saucepan, add the water, sugar, grated rind, and juice of the lemons, then stir over a gentle heat till dissolved. Cool and strain to the eggs, which should be well beaten. Mix well and pour into a wet border mould. Turn out when set and fill the centre with chopped lemon jelly. Garnish with small pink roses or carnations.

58 [Five to six persons]

$\frac{3}{4}$ oz.
COX'S INSTANT
POWDERED
GELATINE
1 lb. gooseberries
$\frac{1}{2}$ lb. sugar
1 pint boiling water
Green colouring

GOOSEBERRY MOULD

Dissolve the Gelatine with one cup of the water. Wipe, top, and tail the gooseberries, put them into a saucepan with the other cup of water, cook slowly till the skins are quite tender, add sugar, and when it is dissolved rub the gooseberries through a sieve. Add the Gelatine, keep on stirring until it begins to set, and add the colouring. Pour into a wet mould. When set, turn out and serve with cream.

GOLDFIELD SPONGE

[Four to five persons] 59

½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
1 pint milk
2 eggs
3 ozs. sugar
1 teaspoonful vanilla essence
Yellow colouring
Chopped lemon jelly (Recipe No. 3)

Dissolve the Gelatine with the water. Put the yolks of the eggs and the sugar into a saucepan, mix them well, add milk and stir over a slow fire till they thicken, remove from the fire and add the Gelatine. Strain into a basin; when cool add vanilla and colouring, beat thoroughly with an egg beater, add gradually the beaten whites of the eggs, continue beating until spongy, then pour into a wet mould. Serve with chopped lemon jelly.

GRAPE SURPRISE

[Six to seven persons] 60

1 oz.
COX'S INSTANT
POWDERED
GELATINE
½ lb. grapes
¾ lb. sugar
Grated rind and juice of 1 lemon
1¼ pints grape juice

Put the Gelatine into a saucepan, add the grape and lemon juice and the sugar; then dissolve, and add the grated lemon rind. When beginning to set add the grapes skinned and seeded. Pour into a wet mould. Turn out when set.

LEMON BLANC-MANGE

[Six to eight persons] 61

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
2½ pints milk
2 ozs. rice flour
4 ozs. sugar
1 oz. butter
Juice 1 lemon
8 eggs

Mix the Gelatine with half a cup of the milk, then dissolve carefully over the fire. Put the eggs into a saucepan, add two cups of the milk, and stir over the fire for 5 minutes. Mix the rice flour with the remaining two cups of milk, add butter and sugar, stir over the fire until thick, then add the custard, Gelatine, and lemon juice. Pour into a wet mould and turn out when set.

LEMON MILK JELLY

[Six to eight persons] 62

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
1 pint boiling water
Yolks 8 eggs
6 ozs. sugar
1 pint milk
Grated rind and juice 1 lemon

Dissolve the Gelatine in a saucepan, in the boiling water, add the sugar and yolks of eggs beaten together and milk; stir until almost boiling, then add the lemon, and strain into a wet border mould. Turn out when firm and serve with whipped and sweetened cream in the centre.

NEAPOLITAN BLANC-MANGE

[Five to six persons] 63

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
1¼ pints milk

Blanch and chop the almonds finely, put them into a saucepan with one pint of the milk, allow to simmer very gently for half an

50. HAM MOUSSE. Three to four persons

Aspic Jelly (Recipe No. 16)
1 gill Bechamel Sauce (Recipe No. 191)
A little grated nutmeg
White of 1 egg, if desired
4 ozs. cooked ham
1½ gills cream
Carmine
Seasoning

Line a mould with aspic, decorate it as desired, and coat again with aspic. Remove any fat, and chop the ham finely. Pound it with the sauce, and rub through a sieve. Add seasoning, and a little grated nutmeg. Whisk 1 gill cool Aspic Jelly slightly, and add it to the mixture, then whisk the cream slightly, and add it carefully to prevent curdling. Then fold in the stiffly whisked white of egg if desired. Stir till the mixture shows signs of setting, then pour it into the prepared mould. Turn out when set, and garnish the dish with chopped aspic. If preferred, the mould can be turned on to a block of aspic.

51. SAVOURY TONGUE CREAMS. Four to six persons

1 teaspoonful **COX'S INSTANT POWDERED GELATINE**
Tomato Jelly (Recipe No. 19)
6 ozs. cooked tongue
2 ozs. cooked chicken
3 small tomatoes
1 gill white sauce
1 tablespoonful chutney
Salt and paprika
Parsley and lettuce

Coat some small wet moulds with liquid Tomato Jelly. Pass the tongue and chicken twice through the mincer, add the tomatoes, chutney, white sauce, and seasoning. Pound together and rub through a wire sieve. Mix in 1 gill of slightly warm Tomato Jelly, in which the Gelatine has been dissolved. When cool, divide the mixture among the prepared moulds. Turn out when firm and garnish with parsley, lettuce, and chopped Tomato Jelly.

Moulded Salads & Dressed Vegetables

52. CRANBERRY SALAD. Six to seven persons

¾ oz. COX'S INSTANT POWDERED GELATINE
1 gill hot water
1½ lbs. cranberries
½ pint cold water
4 ozs. raisins
4 ozs. sugar
Juice of 1 lemon
¼ teaspoonful ground cloves
½ teaspoonful ground cinnamon
Lettuce

Wash the cranberries and simmer them with the ½ pint of water, raisins, and spices till tender. Press through a hair sieve. Measure 1 pint of purée and lemon juice, adding water if required. Add the Gelatine dissolved in the hot water, and the sugar. When cool, pour into a wet border mould. Turn out when set; fill the centre with lettuce. Serve with salad dressing.

53. DOMINION SALAD. Six to eight persons

1 pint Lemon Jelly (Recipe No. 1 or 9)
Mayonnaise Sauce (Recipe No. 188)
Apples
Grape fruit
Celery
Lettuce
Pineapple
A few walnuts
Whipped cream

Chop or shred the celery, slice up the fruit and stir into liquid Lemon Jelly. When beginning to thicken, pour into small cups or moulds. When set, turn out on to crisp lettuce leaves. Mix a little mayonnaise into whipped cream and pipe a rosette on top of each mould. Decorate with walnuts and serve mayonnaise with the salad. A pretty dish can be made with bright red apples. Scoop out the centres with a vegetable scoop or strong teaspoon, and fill with the fruit and jelly mixture. Pile a little cream mayonnaise on top. Garnish with lettuce. Apple, chopped walnut, and celery make a nice mixture.

54. SALAD À LA GROSVENOR. Six to eight persons

1 pint Aspic Jelly (Recipe No, 16)
2 hard-boiled eggs, cut in slices
1 gill Mayonnaise Sauce (Recipe No. 188)
Salad, radishes, endive, etc.
Chopped parsley

Line a border mould with Aspic jelly. Decorate with slices of egg, tomato or radish, shredded lettuce, and chopped parsley. Whip 1 gill Aspic Jelly until it is beginning to set, stir in the gill of mayonnaise, and continue whipping till it is quite thick. Add any pieces of egg, cutting them into dice. Pour into the prepared mould. When firm, turn out and fill the centre with any nice salad in season.

Confectionery

COX'S SHREDDED GELATINE MAY BE USED IN ANY OF THE FOLLOWING RECIPES, BUT MUST BE SOAKED IN COLD WATER OR MILK FOR TEN MINUTES BEFORE BEING DISSOLVED.

70 ½ oz. COX'S INSTANT POWDERED GELATINE
1½ gills cream
6 marrons glacés
6 candied violets.
6 macaroons
1 tablespoonful brandy
4 tablespoonfuls boiling water
1 tablespoonful maraschino
Whites 2 eggs
Pistachio nuts
1 oz. sugar
Paper cases

CHESTNUTS À LA NESSELRODE

Cut the marrons and the macaroons into small pieces, put them in a dish with the brandy and maraschino and let them soak. Whisk the cream until thick but not stiff, add the sugar and the Gelatine dissolved in the boiling water, fold in the whites beaten stiffly. Have ready some small paper cases. Pin a band of notepaper coming an inch or more above the case tightly round each. Pour in the mixture, and put them in a cool place to set. Draw off the paper, decorate each prettily with whipped cream forced on with a forcing bag and tube, and sprinkle on a few finely chopped pistachios. Place the violets on top and serve.

71 ½ oz. COX'S INSTANT POWDERED GELATINE
10 ozs. icing sugar
½ gill cold water
1 oz. glucose
A few drops vanilla essence
Some split halves of walnuts
2 ozs. powdered chocolate

CHOCOLATE WALNUTS

Put the Gelatine and half of the sugar with the water into a saucepan and stir over the fire till boiling. Add the glucose and stir over the fire till it is thoroughly melted. Put the remainder of the icing sugar on a slab and melt the chocolate in a saucepan. Put the hot sugar mixture into the centre of the dry sugar, add to it the melted chocolate and the vanilla and work all to a smooth paste. Make the mixture up into small balls; on each side of these press the halves of the walnuts and put in a cool place to harden.

72 1 oz. COX'S INSTANT POWDERED GELATINE
½ pint water
7 ozs. sugar
White 1 egg
¼ lb. finely chopped almonds
2 teaspoonfuls vanilla essence

DUCHESSE NOUGAT

Put the Gelatine, sugar, and water into a saucepan, stir until boiling, then boil eight minutes, stirring all the time. Remove from the fire, allow to cool slightly, then add the white of the egg beaten stiffly, the vanilla and the almonds blanched and chopped Butter and dust a tin with cornflour, pour

in the mixture, allow to get quite cold, then cut into neat pieces.

FRUIT PASTILLES

73

1 teaspoonful COX'S INSTANT POWDERED GELATINE
1 tin apricots
12 ozs. sugar
4 ozs. chopped nut meats

Dissolve the Gelatine in three tablespoonfuls of the apricot syrup. Rub the apricots through a sieve, weigh one pound of this purée, add to it the Gelatine and sugar, and bring slowly to the boil, stirring all the time. Continue to stir until quite thick, add the nut meats, and pour into buttered tins. Let them cool and set. Remove from tins, cut into small rounds, and roll in plenty of granulated sugar.

MARSHMALLOWS

74

1 oz. COX'S INSTANT POWDERED GELATINE
1 lb. sugar
2 gills water
2 tablespoonfuls orange essence

Put the Gelatine into a basin, and add half of the water. Mix the sugar and the rest of the water in a saucepan, bring slowly to boiling point, then boil to 217° F. Do not stir after it boils. Pour slowly over the Gelatine, beating vigorously all the time, then beat for 10 minutes, add the essence, and continue beating until thick. Pour at once into tins which have been buttered and dusted with cornflour. Leave in a cool place over night. Remove from the tins, cut into small rounds with a cutter, and roll in equal parts of cornflour and icing sugar. To make a variety dip one half of the Marshmallows into melted chocolate. Fruit juices may be used in place of the water and essence.

PORT WINE DROPS

75

¼ oz. COX'S INSTANT POWDERED GELATINE
3 ozs. sugar
½ pint port wine
Grated rind ½ lemon
1 inch cinnamon

Put all the ingredients into a saucepan, simmer over the fire for 10 minutes, then cool slightly, and strain into a wet plate. When set, cut into small neat rounds.

RASPBERRY DELIGHT

76

1 oz. COX'S INSTANT POWDERED GELATINE
1 lb. best loaf sugar
Carmine colouring
Raspberry essence
½ pint cold water

Dissolve the Gelatine and the sugar in the water and boil for 2 minutes. Then add the colouring and essence to taste. Have ready some tins dipped in cold water ; pour the mixture into these, making it about one

inch thick. When set, cut into blocks, using a knife constantly dipped in boiling water, and roll in icing sugar previously rubbed through a hair sieve.

TURKISH DELIGHT

77 1 oz. COX'S INSTANT POWDERED GELATINE
2 gills water
1 lb. sugar
Juice of 1 lemon
Lemon and vanilla essences and red and yellow colouring to taste
2 ozs. finely chopped blanched almonds

Put the Gelatine into a saucepan, add the water, sugar, and lemon juice, bring slowly to boiling point, then boil gently for 7 minutes, stirring occasionally. Rinse two deep plates with cold water, put the red colouring and vanilla into one, into the other put the almonds, lemon essence, and yellow colouring. Strain the mixture into each, and stir. Set in a cold place till cold and firm. Cut into neat squares, and roll in cornflour. Then roll in icing sugar and pack in a box, sprinkling icing sugar between each layer.

Creams

Note 1.—Creams should not be moulded until beginning to set.

Note 2.—In recipes where half a pint of cream is among the ingredients, the ordinary jar of cream, sold cheaply by all grocers, will be found to be quite sufficient. Milk may be added to make up the half pint in the winter, to prevent the mould being too stiff.

Note 3.—Cream whipped well (see Recipe 190) is lighter and the bulk is doubled. Unless whipped cream is specified in the recipes, ordinary cream is intended. Where sweetened whipped cream is mentioned, it should be whipped before sweetening. The mixture of milk and Gelatine, etc., should be allowed to cool a little before adding it to the cream, and this must be done lightly but thoroughly, or it will not turn out evenly.

ANGELA CREAM

[Five to six persons] **78**

½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
1 pint whipping cream
Green colouring
8 ozs. sugar
8 tablespoonfuls sherry wine
1 teaspoonful vanilla essence
2 ozs. chopped almonds
Few pistachio nuts
Pink sugar

Dissolve the Gelatine in the boiling water. Beat the cream up stiffly, add the green colouring, Gelatine, sugar, wine, essence, and almonds. Pour into a glass dish, and when set sprinkle chopped pistachios and pink sugar on the top.

APRICOT CREAM

[Seven to nine persons] **79**

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
1 tin apricots
½ pint whipping cream
½ lb. sugar
Lemon jelly (Recipe No. 8)

Pour a little lemon jelly into a wet mould and allow it to set. Rub the apricots through a sieve into a basin, add the sugar, the Gelatine dissolved in the boiling water, and the whipped cream. Pour into the prepared mould. Turn out when set and garnish with yellow flowers.

BANANA CREAM

[Six to eight persons] **80**

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill milk
½ pint custard (Recipe No. 184)
½ pint whipping cream
6 bananas
2 ozs. sugar
Juice 2 oranges
1 tablespoonful brandy or benedictine

Skin the bananas, rub them through a sieve, add the sugar, orange juice, and brandy, the Gelatine dissolved in the milk, the custard, and the cream beaten stiffly. Pour into a wet mould. When turned out decorate with sliced bananas. The brandy may be omitted.

BLACKBERRY BAVARIAN CREAM

[Seven to nine persons] **81**

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
½ pint blackberry juice

Dissolve the Gelatine and sugar in the boiling water. Add the blackberry juice, lemon, and maraschino. Cool, put on ice, and stir

½ pint cream
1 gill boiling water
3 ozs. loaf sugar
Juice of half a lemon
1 tablespoonful maraschino

occasionally until the mixture begins to thicken. Then fold lightly in the cream whisked to a stiff froth. Pour into a wetted mould and put on the ice to set. Turn out and serve.

82 [Six to seven persons]
¾ oz.
COX'S INSTANT
POWDERED
GELATINE
1¾ pints milk
1 lemon
6 yolks of eggs
4 ozs. sugar

CANARY CREAM

Dissolve the Gelatine carefully in half a cup of the milk. Put the rest of the milk into a saucepan, add the sugar and thinly cut lemon rind; allow to boil for 3 minutes, then add the Gelatine, the beaten yolks, and the juice of half the lemon, and stir until thick (it must not boil). Strain into a wet mould and set away in a cool place.

83 [Six to eight persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
Lemon or wine jelly (Recipe No. 8 or 18)
1¼ pints milk
1 gill cream
3 yolks eggs
2 ozs. cornflour
3 ozs. sugar
½ teaspoonful almond essence
A few chopped pistachio nuts

CHALFONT CREAMS

Put a little of the clear jelly into some small wet moulds, sprinkle in a little of the chopped pistachios, and allow to set. Dissolve the Gelatine with half a cup of the milk, add the yolks of eggs beaten, the sugar and cream, and stir over the fire for a few minutes, but do not boil. Put the cornflour into another saucepan, gradually add the rest of the milk, stir till boiling, remove from the fire, add almond essence and the Gelatine mixture; cool, fill up the moulds and turn out when cold.

84 [Five to seven persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill milk
1 gill boiling water
½ pint whipping cream
½ pint custard
1 teaspoonful lemon juice
1 oz. sugar
3 ozs. grated sweet chocolate
Chopped pistachio nuts or cocoanut

CHOCOLATE CREAM

Dissolve the Gelatine with the boiling water, remove from the fire, add the chocolate and milk mixed together, the custard, sugar, and lemon juice, and fold in the whipped cream. Pour into a wet mould. Turn out when set and sprinkle over with pistachios or cocoanut.

85 [Five to six persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
4 yolks eggs

CHOCOLATE ICE CREAMS

Put the eggs into a basin, add the sugar, vanilla, and maraschino; beat over boiling water till warm, remove and whip till cold

and thick like a batter. Put the chocolate into a saucepan, add 3 tablespoonfuls hot water and the coffee essence, boil for 3 minutes, then add the Gelatine mixed with the milk; strain when dissolved, add the other ingredients and fold in the whipped cream. Partly fill cardboard cases with the mixture; set in the refrigerator for 2 hours. Garnish with whipped cream which has been flavoured with maraschino and lightly mottled with a little red colouring. Use a forcing bag and large rose tube. Set away for half an hour, then serve.

2 whites of eggs
4 ozs. sugar
½ teaspoonful vanilla essence
½ pint whipping cream
1 tablespoonful coffee essence
½ wineglassful maraschino
2 ozs. chocolate
4 tablespoonfuls milk
Cardboard cases

COFFEE CREAM

Rinse out a mould with cold water, and coat it thinly with the jelly; when this has set decorate with chopped pistachios, cherries, and cocoanut, pour a little more jelly on these and allow to set. Put the yolks into a saucepan, add the sugar and one cup of the milk, stir over the fire till they thicken (do not boil); remove from the fire, add the coffee, the Gelatine dissolved in the half-cup of milk, and the salt; allow to cool, then fold in the whipped cream, stir occasionally until beginning to stiffen, and pour into a prepared mould. Turn out and garnish with chopped jelly.

[Six to seven persons] **86**

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
½ pint whipping cream
Pinch of salt
4 ozs. sugar
½ gill very strong coffee
¾ pint milk
Lemon jelly (Recipe No. 8)
3 yolks eggs
Chopped pistachio nuts
Cocoanut
Cherries

CRANBERRY BAVARIAN CREAM

Dissolve the Gelatine with the water, add the sugar and fold in the whipped cream. Stir till nearly stiff, then add maraschino and cranberry juice. Pour into a wet mould and pack in ice and salt for 4 hours.

[Six to eight persons] **87**

½ oz.
COX'S INSTANT
POWDERED
GELATINE
½ pint cranberry juice
1 gill boiling water
3 tablespoonfuls maraschino
½ lb. sugar
1 pint whipping cream

GENEVIÈVE CREAM

Line a wet mould with the wine jelly, decorate it with the glacé fruits and set them with more jelly. Put the eggs into a saucepan, add the sugar, cream, and one cup of the milk, stir over a slow fire till they thicken, then add the Gelatine dissolved in the rest of the milk and strain into a basin. Mix

[Five to six persons] **88**

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
¾ pint milk
½ pint cream
2 ozs. sugar
6 yolks of eggs
3 whites of eggs
3 ozs. glacé fruits

1 wineglassful curaçao
Wine jelly (Recipe No. 18)

occasionally until cool, then add the curaçao and some of the glacé fruits cut into shreds. Pour into the decorated mould. Turn out when set and serve with chopped wine jelly.

89 [Five to seven persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
8 eggs
4 ozs. sugar
1 lemon
8 inches cinnamon
1 pint milk

LEMON CREAM

Put the Gelatine into a saucepan, add the milk, sugar, cinnamon, and thinly pared lemon rind. Stir till they boil, then strain over the yolks of the eggs, return to the pan and stir over the fire for a few minutes. It must not boil. Pour into a basin and when cool add lemon juice and the whites of the eggs well beaten. Turn into a wet mould. Serve with whipped cream.

90 [Seven to nine persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
4 ozs. sugar
Chopped pistachio nuts
4 tablespoonfuls sherry
1 teaspoonful vanilla essence
1 pint whipping cream
Wine jelly (Recipe No. 18)
1 gill boiling water
Green colouring

MOSCOW CREAMS

Line some small wet moulds with the liquid jelly, then set away to firm. Dissolve the Gelatine with the boiling water, add the sugar, green colouring, vanilla, sherry, a few chopped pistachios, and the whipped cream. When it begins to thicken, fill the prepared moulds to within half an inch of the top, and when the cream is set then fill up with liquid jelly. Turn out when set on individual serving plates, garnish with whipped sweetened cream and sprinkle over with finely chopped pistachios.

91 [Five to seven persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
1½ pints whipping cream
1 teaspoonful vanilla essence
2 tablespoonfuls chopped pistachio nuts
2 tablespoonfuls chopped walnuts
6 ozs. sugar

NUT CREAM

Dissolve the Gelatine with the boiling water. Add the sugar, vanilla, nuts, and whipped cream. Stir till beginning to set. Pour into a wet mould. Turn out when set.

92 [Six to eight persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 pint milk
2 ozs. sugar.
3 tablespoonfuls rolled oats
1½ gills cream

OATMEAL CREAM

Let the oats and the milk cook for an hour in a double saucepan and then add the sugar, cream, vanilla, and brandy. Dissolve the Gelatine in the hot water and strain it to the oatmeal mixture ; colour to taste with

cochineal. Beat the mixture until it begins to thicken, then pour into a wetted mould. Allow to set, turn out, and, if desired, decorate with whipped cream and angelica.

½ gill boiling water
1 tablespoonful brandy
1 tablespoonful vanilla essence
A few drops cochineal

PINEAPPLE BAVARIAN CREAM

[Seven to nine persons] **93**

Dissolve the Gelatine in the pineapple juice. Whip the cream. Pulp the pineapple through a wire sieve, add to the cream, and sift in the sugar. Add the dissolved Gelatine and the lemon juice, and pour into a mould previously rinsed in cold water. When firm, turn out quickly on to a cold dish and serve.

1 oz.
COX'S INSTANT POWDERED GELATINE
1 pint grated pineapple
Juice of ½ lemon
1 pint whipping cream
4 ozs. castor sugar
1 gill pineapple juice

RASPBERRY BAVARIAN CREAM

[Six to eight persons] **94**

Dissolve the Gelatine with the boiling water, add the raspberries rubbed through a sieve, the sugar and whipped cream. Pour into a wet mould. Garnish with whipped sweetened cream and ripe raspberries.

1 oz.
COX'S INSTANT POWDERED GELATINE
1 quart ripe red raspberries
½ pint whipping cream
½ lb. sugar
½ pint boiling water

RED CURRANT CREAM

[Seven to eight persons] **95**

Pick the currants, and rub them through a sieve with the icing sugar. Dissolve the Gelatine with the boiling water; add the sugar, lemon juice, the currants, red colouring, and whipped cream; pour into a wet mould. Turn out when firm and garnish with ferns.

¾ oz.
COX'S INSTANT POWDERED GELATINE
1 gill boiling water
2 ozs. sugar
1 oz. icing sugar
Juice ½ lemon
1 pint red currants
½ pint whipping cream
Red colouring
Some ferns

RICE À LA CREME

[Six to eight persons] **96**

Put half an inch of lemon jelly into a wet border mould and allow it to set. Wash the rice in several waters, boil it quickly in boiling water for 5 minutes. Drain, add the milk, cook slowly until the rice is tender and the milk absorbed. Dissolve the Gelatine with the boiling water, add it to the rice with the sugar, vanilla, and whipped cream. When cool, pour into the prepared mould and leave in a cool place until firm. Turn out and serve with any kind of cold stewed fruit in the centre.

½ oz.
COX'S INSTANT POWDERED GELATINE
4 tablespoonfuls boiling water
½ pint rice
1 pint milk
2 ozs. sugar
1 teaspoonful vanilla essence
1 gill whipping cream
Some cold stewed fruit
Lemon jelly (Recipe No. 8)

97 [Six to eight persons]

½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 pint thick cream
1 gill boiling water
1 lemon
4 teaspoonfuls sugar
1 jar preserved apricots
Some wafers

STONE CREAM

Put the preserves into a glass dish. Dissolve the Gelatine with the boiling water, add the cream, sugar, and grated lemon rind. Boil for one minute, then turn into a pitcher; when nearly cold add the lemon juice and pour over the apricots. Leave over night in a cool place. Decorate with some small wafers.

98 [Seven to eight persons]

1 oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
1 egg
1 teaspoonful orange essence
4 ozs. sugar
2 tangerines
½ pint whipping cream
1 pint milk

TANGERINE CREAM

Dissolve the Gelatine in the water. Put the egg and sugar in a saucepan, add the milk and thinly pared rind of the tangerines, stir till they thicken, remove from the fire, add the Gelatine, then cool; add the essence and the whipped cream. Pour about one-third into a deep dish, cover with tangerines divided into quarters, pour in some more cream, and, when firm, another layer of oranges; add the remainder of the cream and set away in a cool place.

99 [Five to six persons]

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
1 pint milk
6 ozs. sugar
½ pint whipping cream
1 teaspoonful vanilla essence
3 eggs
Rose sauce (Recipe No. 199)

VANILLA CREAM

Put the Gelatine into a saucepan, add the milk and sugar, then dissolve. Pour over the eggs (well beaten), stirring all the time, return to the pan, and stir over a slow fire till it thickens. Strain into a basin, add vanilla, and when cool fold in the whipped cream. Pour into a wet mould and, when solid, serve with the rose sauce.

Frozen Dishes

COX'S SHREDDED GELATINE MAY BE USED IN ANY OF THE FOLLOWING RECIPES, BUT MUST BE SOAKED IN COLD WATER OR MILK FOR TEN MINUTES BEFORE BEING DISSOLVED.

CARAMEL ICE CREAM

[Eight to nine persons] 100

¼ oz. COX'S INSTANT POWDERED GELATINE
10 ozs. sugar
1 quart hot cream
1 gill boiling water

Melt three-quarters of a cup of the sugar in a sauce-pan, and when a rich dark brown colour gradually add four teaspoonfuls of the boiling water, the sugar, hot cream, and the Gelatine dissolved in the other two tablespoonfuls of boiling water ; cool and freeze.

CHOCOLATE MOUSSE

[Nine to ten persons] 101

½ oz. COX'S INSTANT POWDERED GELATINE
1½ ozs. sweet chocolate
1 quart whipping cream
12 ozs. sugar
1 teaspoonful vanilla essence
½ pint thin cream
4 tablespoonfuls boiling water

Melt the chocolate, add to it half a cup of the sugar and the thin cream, stir till boiling, then add the vanilla and Gelatine, dissolved in the boiling water, and the rest of the sugar. Strain and leave in a cool place until it begins to thicken, then fold in the whipped cream. Pack and freeze.

COCOANUT MOUSSE

[Five to six persons] 102

1 teaspoonful COX'S INSTANT POWDERED GELATINE
2 tablespoonfuls boiling water
1 gill boiling milk
1 pint whipping cream
4 ozs. chopped cocoanut
3 tablespoonfuls orange juice

Dissolve the Gelatine in the boiling water, add the milk ; cool and add the cocoanut, orange juice, and whipped cream. Pour the mixture into a chilled mould. Pack in ice and salt for 4 hours. Garnish with stars of whipped cream.

FROZEN APRICOTS

[Eight to ten persons] 103

1 oz. COX'S INSTANT POWDERED GELATINE
1 quart tin of apricots
8 ozs. loaf sugar
1 pint cream
½ pint boiling water

Dissolve the Gelatine in the boiling water. Drain the apricots and cut them into neat pieces. Measure the syrup, adding, if necessary, enough water to make a pint. Put the apricot syrup and the sugar into a saucepan, bring to the boil and strain. Add the pieces of apricot and the dissolved Gelatine to the syrup and set aside to cool. Whip the cream, fold it lightly into the mixture, freeze and serve.

104 [Seven to nine persons]

1 teaspoonful
COX'S INSTANT
POWDERED
GELATINE
4 ozs. sugar
4 bananas
3 eggs
1½ pints milk
3 tablespoonfuls boiling water
½ pint whipping cream

FROZEN BANANA CUSTARD

Put the boiling water into a saucepan, add the Gelatine, eggs, sugar, and milk, stir till they thicken, then cool and add the bananas rubbed through a sieve and fold in the whipped cream. Freeze.

105 [Six to eight persons]

1 teaspoonful
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
6 bananas
1 gill orange juice
4 ozs. sugar
1 pint whipping cream

FROZEN BANANA WHIP

Dissolve the Gelatine with the boiling water. Rub the bananas through a sieve into a basin, add the sugar, orange juice, and Gelatine, beat slowly until light, then fold in the whipped cream. Pour into a wet mould. The cover must fit tightly. Bury in ice and salt for 4 hours.

106 [Six to seven persons]

½ oz.
COX'S INSTANT
POWDERED
GELATINE
½ pint milk
½ pint orange juice
3 ozs. castor sugar
3 eggs
½ pint boiling water

FROZEN JAFFA SOUFFLÉ

Dissolve the Gelatine in the boiling water. Put the yolks of the eggs, the sugar, and orange juice into a basin and place over a saucepan of hot water. Whisk the contents of the basin until the mixture thickens, let it cool, and add the dissolved gelatine. Whip the cream, whisk the whites of the eggs to a stiff froth, and stir both lightly into the mixture and freeze.

107 [Eight to ten persons]

1 teaspoonful
COX'S INSTANT
POWDERED
GELATINE
½ pint boiling water
1 pint whipping cream
3 ozs. sugar
1 tablespoonful lemon juice
1 small jar preserved ginger

GINGER ICE CREAM

Dissolve the Gelatine in the boiling water. Beat up the cream, gradually add the sugar, lemon juice, Gelatine, and the ginger syrup drained from the ginger. Freeze, and when partly stiff add half a cup of the drained ginger finely chopped.

108 [Seven to nine persons]

1 teaspoonful
COX'S INSTANT
POWDERED
GELATINE
Whites 2 eggs
½ pint chopped preserved ginger
½ pint whipping cream
4 ozs. sugar
4 tablespoonfuls boiling water

GINGER MOUSSE

Dissolve the Gelatine with the boiling water, add the sugar, mix and boil till 220° F., then pour slowly upon the beaten whites, beat till cold, then fold in the whipped cream, add the ginger, and turn into a melon mould. Pack in ice and salt for 4 hours. Serve with sauce made with the ginger syrup slightly thickened.

GRAPE MOUSSE

[Six to eight persons] **109**

1 teaspoonful COX'S INSTANT POWDERED GELATINE
4 tablespoonfuls boiling water
8 ozs. sugar
½ teaspoonful vanilla essence
½ pint grape juice
1 pint whipping cream

Dissolve the Gelatine with the water, add the sugar, vanilla, and grape juice, beat well and fold in the cream. Whip for a few minutes longer, pour into a closely covered mould, and pack in broken ice and rock salt for 2 hours.

ICED MARASCHINO SOUFFLÉS

[Six to seven persons] **110**

½ oz. COX'S INSTANT POWDERED GELATINE
1 gill milk
2 tablespoonfuls maraschino
1 gill cold water
2 yolks eggs
4 ozs. sugar
1 pint whipping cream

Dissolve the Gelatine carefully in the milk. Mix the sugar and water and boil till they thread, then pour carefully over the yolks, beating well till thick and creamy; add the Gelatine, maraschino, and whipped cream. Pile into paper cases. Freeze and serve at once.

LEMON SHERBET

[Seven to nine persons] **111**

½ oz. COX'S INSTANT POWDERED GELATINE
Thinly peeled rind and strained juice of 6 lemons
1¾ pints water
12 ozs. sugar

Place the water, sugar, Gelatine, and lemon rind in a saucepan and boil for about 3 minutes, stirring all the time. Add the lemon juice, strain and allow to cool, freeze and serve.

MAPLE MOUSSE

[Eight to ten persons] **112**

1 teaspoonful COX'S INSTANT POWDERED GELATINE
4 tablespoonfuls boiling water
Yolks 6 eggs
½ pint maple syrup
1 pint whipping cream
½ pint ground almonds

Dissolve the Gelatine with the water, add the yolks and maple syrup, stir over the fire till they thicken. They must not boil. Pour into a basin and beat till cool, then fold in whipped cream. Turn into a mould, pack in ice and salt for five hours. Remove from the mould, and serve sprinkled over with the almonds.

NESSELRODE PUDDING

[Ten to twelve persons] **113**

½ oz. COX'S INSTANT POWDERED GELATINE
1 gill boiling water
Pinch of salt
5 yolks eggs
1¼ pints milk
1 pint thin cream
1¼ cups chestnuts
¼ cup candied fruit
¼ cup sultana raisins
4 tablespoonfuls pineapple syrup

Dissolve the Gelatine with the boiling water. Put the yolks into a saucepan, add the sugar, milk, and salt; stir till they thicken, remove from the fire and add the Gelatine; strain into a basin, add the cream, pineapple, syrup, and the chestnuts prepared. To prepare them cut a slit in them, boil in boiling water till soft, then rub through a sieve. Line a two-quart melon mould with part of the mixture, to the remainder add the candied fruit

12 ozs. sugar
Maraschino syrup

cut in small pieces, the sultanas and eight chestnuts broken in pieces and soaked several hours in the maraschino syrup. Fill up the mould. Pack in ice and salt. Stand for 2 hours. Serve with whipped cream sweetened and flavoured with the maraschino syrup.

114 [Eight to nine persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
½ lb. sugar
1 pint whipping cream
1 wineglassful orange marmalade
1 teaspoonful orange flower water

ORANGE PARFAIT

Dissolve the Gelatine with the water, add the sugar and whipped cream. Stir until it begins to thicken, then add the orange flower water, and the marmalade gradually. Divide into small moulds. Pack in ice and salt for 3 hours.

115 [Eight to nine persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
8 ozs. loaf sugar
1 pint orange juice
1¼ pints cold water

ORANGE SHERBET

Put the sugar, the Gelatine, and the water into a saucepan ; bring to the boil, stirring all the time, and strain into the orange juice, which has been previously put into a basin. When cold, freeze as usual and serve.

116 [Nine to ten persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
1 tin peaches, or 2 qts. fresh
1 pint cream
½ pint milk
12 ozs. sugar

PEACH ICE CREAM

Dissolve the Gelatine with the boiling water, add milk boiling. Rub the peaches through a colander, add sugar, mix thoroughly, then add milk and cream. When cold, pour into the freezer and freeze.

117 [Eight to nine persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
8 ozs. loaf sugar
1½ pints cold water
1 pint grated pineapple
Thinly peeled rind and strained juice of 1 lemon

PINEAPPLE SHERBET

Put the sugar, the water, the Gelatine, and the lemon rind into a saucepan, and bring them to the boil, stirring all the time. Then strain them to the grated pineapple in a basin and add the lemon juice. When the mixture is cold, freeze in the usual way and serve

118 [Seven to nine persons]
1 teaspoonful
COX'S INSTANT
POWDERED
GELATINE
8 tablespoonfuls boiling water
1 pint milk
1 pint cream

PISTACHIO ICE CREAM

Dissolve the Gelatine with the boiling water. Beat the yolks of the eggs and the sugar in a saucepan, add the milk scalded ; stir over the fire for a few minutes, add the Gelatine, then strain, add the cream and essence.

Freeze, then beat in thoroughly enough green colouring to give the whole a delicate green tint.

½ lb. sugar
1 teaspoonful pistachio essence
Yolks 8 eggs
Green colouring

RICE MOUSSE

[Seven to nine persons] 118
1 oz. COX'S INSTANT POWDERED GELATINE
1 gill boiling water
2 ozs. rice
2 yolks eggs
1 pint whipping cream
4 ozs. sugar
1 teaspoonful lemon juice
¾ pint milk
12 large steamed prunes
1 cup hot milk

Wash the rice in several waters, boil it in plenty of boiling salted water for 5 minutes, drain, return to the saucepan with the milk and cook till soft. Put the yolks into a saucepan, add the sugar and hot milk, stir till they thicken, remove from the fire, add the Gelatine dissolved in the boiling water, and strain over the rice ; when cool, add the lemon juice, the prunes rubbed through a sieve, and the whipped cream. Pour into a wet mould, pack in ice and salt for 3 hours. This mousse may be garnished with squares of prune jelly and large stuffed prunes.

SOUFFLÉ À LA CARMEN

[Six to seven persons] 120
½ oz. COX'S INSTANT POWDERED GELATINE
3 yolks eggs
6 ozs. sugar
4 tablespoonfuls boiling water
Juice 1 lemon
2 gills cream
1 liqueur glass maraschino
½ pint peach pulp
Crushed macaroons
Some chopped almonds

Put the yolks of eggs into a saucepan, add the sugar, lemon juice, and one gill of the cream, beat over a pan of boiling water till warm, remove from the fire, cool and add the peach pulp, the Gelatine dissolved with the boiling water, the maraschino and the rest of the cream whipped. Have ready a soufflé dish provided with a paper band tied round and above the edge of the dish or soufflé case, as it is called. Pour the preparation into this just as it begins to set. Place in the ice box for one hour and a half. Before serving, remove the paper band and sprinkle over the surface with crushed macaroons and finely chopped almonds.

STRAWBERRY ICE CREAM

[Fifteen to sixteen persons] 121
1 teaspoonful COX'S INSTANT POWDERED GELATINE
3 tablespoonfuls boiling water
1 quart cream
1 quart strawberries
1 lb. sugar
Juice ½ lemon
1 teaspoonful strawberry essence
Red colouring

Mash the strawberries with the sugar and lemon juice and allow to remain in a cool place for one hour. Rub through a sieve, and add the Gelatine dissolved with the boiling water and cream. Freeze as usual. When frozen, take out a little of the frozen mixture, add the red colouring and flavouring, return to the freezer and beat evenly

together. Repack the freezer and allow to stand for 2 hours to ripen.

122 [Seven to eight persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 pint ripe strawberries
3 ozs. castor sugar
Whites of 2 eggs, stiffly whisked
½ pint thick cream
Cochineal colouring
½ gill boiling water

STRAWBERRY PARFAIT

Dissolve the Gelatine in the boiling water. Rub the strawberries through a hair sieve. Add the sugar and the dissolved Gelatine to the purée, and stir thoroughly. Whip the cream and whisk the whites of the eggs to a stiff froth. Fold this into the strawberry purée as it begins to cool. Add the cochineal colouring if desired. Freeze in the can without the beaters, and serve with fresh berries mashed and sweetened as a sauce.

123 [Five to seven persons]
1 teaspoonful
COX'S INSTANT
POWDERED
GELATINE
3 tablespoonfuls boiling water
1 pint milk
Whites of 3 eggs
½ pint whipping cream
2 ozs. sugar
½ teaspoonful violet essence
Crystallised violets

VIOLET MOUSSE

Put the Gelatine into a saucepan, add the water and milk, stir over the fire till hot, then add sugar and whites of the eggs stiffly beaten, stir till thick, allow to cool, add the whipped cream and essence. Pour into a mould, then pack in ice and salt until thoroughly frozen. Serve garnished with the violets.

FOR FURTHER FROZEN DISHES

See Numbers 56 and 69.

Puddings

COX'S SHREDDED GELATINE MAY BE USED IN ANY OF THE FOLLOWING RECIPES, BUT MUST BE SOAKED IN COLD WATER OR MILK FOR TEN MINUTES BEFORE BEING DISSOLVED.

Note 1.—In recipes where half a pint of cream is among the ingredients, the ordinary jar of cream, sold cheaply by all stores, will be found to be quite sufficient. Milk may be added to make up the half pint in winter, to prevent the mould being too stiff.

Note 2.—Cream whipped well (See Recipe 190) is lighter and the bulk is doubled. Unless whipped cream is specified in the recipes, ordinary cream is intended. Where sweetened whipped cream is mentioned it should be whipped before sweetening. The mixture of milk and Gelatine, etc., should be allowed to cool a little before adding it to the cream; and this must be done lightly but thoroughly, or it will not turn out evenly.

Note 3.—Recipes for Custards required in the formulas in this section are given under Recipe 184.

Note 4.—Fresh eggs are essential, especially where the whites have to be separately whipped for the garnishing of dishes.

Pure milk and good cane sugar are equally important.

ALEXANDRIA MOULD

[Seven to nine persons] **124**

½ oz. COX'S INSTANT POWDERED GELATINE
1 gill boiling water
1 oz. sugar
1 oz. preserved ginger
1 oz. cherries
1 oz. preserved pineapple
Claret jelly (Recipe No. 5)
½ pint whipping cream

Rinse a plain mould with cold water. Cover the bottom half an inch with the claret jelly. Allow to set, then place in a smaller mould so that between the edge of the outer and the smaller mould there is a space of three-quarters of an inch. Fill the smaller mould with cold water to keep it steady. Fill in the space between the two moulds with more jelly and leave till cold. Pour out the cold water and fill the inner mould with warm water and gently draw it out. Dissolve the Gelatine in the boiling water, add the sugar, then cool and fold in the whipped cream, stir in the ginger, cherries, and pineapple chopped finely. Fill in the centre of the mould with this mixture and leave it till it is set. To turn out, dip the mould in tepid water. Serve with cream.

ANGEL CHARLOTTE

[Five to seven persons] **125**

½ oz. COX'S INSTANT POWDERED GELATINE
1 loaf of angel cake baked in a ring tin
1 pint of cream

Put the angel cake on the dish for serving. Dissolve the Gelatine in the boiling water. Whip the cream, sweeten and flavour it to taste, and add it to the dissolved Gelatine. Beat the mixture until it begins to stiffen.

Sugar and vanilla essence to taste
Crystallised violets and pistachio nuts
½ gill boiling water

Pour it over the angel cake and decorate it with the violets and pistachio nuts.

126 [Six to seven persons]
¾ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
2 lbs. apples
½ pint cold water
Grated rind 1 lemon
4 ozs. sugar
2 eggs

APPLE MOULD

Stew the apples with the cold water till soft, then rub through a sieve, add the Gelatine dissolved in the boiling water, the lemon rind and yolks of the eggs; then add the whites beaten stiffly. Pour into a wet mould. Turn out when set and serve with cream or custard.

127 [Five to six persons]
1 oz.
COX'S INSTANT
POWDERED
GELATINE
¾ pint stewed apples rubbed through a sieve
Juice of 1 orange
Juice and grated rind of ½ lemon
2 ozs. castor sugar
Whites of 3 eggs
½ pint whipped cream
1 gill boiling water.

APPLES À LA BERCY

Dissolve the Gelatine in the boiling water. Mix the orange juice, the grated rind and juice of the half lemon, and the sugar with the apples. Add the dissolved Gelatine and cool. Stir this mixture until it begins to thicken. Add the stiffly whisked whites of the eggs and the whipped cream, folding them in lightly. Pour into a wetted mould, put on the ice until firm. Turn out and serve with whipped cream.

128 [Five to six persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
2 ozs. sugar
½ teaspoonful vanilla essence
½ pint whipping cream
½ pint milk
3 or 4 bananas

BANANA CHARLOTTE RUSSE

Peel and cut the bananas into fingers, line the bottom and sides of a small plain charlotte mould with them. Mix the Gelatine with the milk, dissolve carefully, add the sugar and vanilla, then fold in the whipped cream. Pour into the prepared mould. Set aside until firm, then turn out and serve with sliced bananas.

129 [Nine to ten persons]
¼ oz.
COX'S INSTANT
POWDERED
GELATINE
1 pint milk
2 eggs
6 ozs. sugar
12 large bananas
1 gill claret
1 tablespoonful brandy
1 gill cold water
¼ lb. finger biscuits
½ pint whipping cream
Few pistachio nuts

BANANA TRIFLE

Dissolve the Gelatine carefully in one gill of the milk. Put the claret into a saucepan, add the brandy, water, and sugar, boil for 5 minutes, add the bananas sliced and cook till the syrup thickens. Cool and put into a glass dish, then lay in the finger biscuits. Put the eggs into a saucepan, add one tablespoonful sugar and the rest of the milk, stir over the fire until they thicken slightly, add

the dissolved Gelatine, then strain over the finger biscuits. Set away in a cool place. When ready to serve, pile the whipped cream on the top and decorate with the chopped pistachios.

BAVAROISE À LA DUCHESSE

[Six to eight persons] 130

¾ oz. COX'S INSTANT POWDERED GELATINE
1 gill boiling water
¾ pint milk
3 ozs. sugar
Yolks 4 eggs
2 tablespoonfuls orange flower water
1 wineglassful maraschino
Peel 1 orange
Peel 1 lemon
Lemon jelly (Recipe No. 8)
Peaches or strawberries
½ pint whipping cream

Line a wet mould with lemon jelly and set away on ice. Dissolve the Gelatine with the boiling water, add the sugar, thinly cut lemon and orange peel, the milk and yolks of eggs mixed with the orange flower water. Stir until they thicken (do not boil), strain into a basin, and when cool add the maraschino and whipped cream. Pour into a prepared mould. Turn out when set and serve with peaches or strawberries.

BAVAROISE OF BANANAS

[Five to six persons] 131

¾ oz. COX'S INSTANT POWDERED GELATINE
4 tablespoonfuls boiling water
2 ozs. sugar
1 quart milk
2 bananas
1 teaspoonful vanilla essence
2 yolks eggs
Fruit syrup

Dissolve the Gelatine with the water, add the sugar, yolks, and milk, stir over the fire until they thicken, then add the vanilla. Cool and add the bananas cut into thin slices. Divide into small wet moulds and set on ice. Serve with cold fruit syrup.

BOSTON CREAM

[Six to eight persons] 132

1½ ozs. COX'S INSTANT POWDERED GELATINE
1 quart milk
4 eggs
5 ozs. castor sugar
1 teaspoonful vanilla essence

Dissolve the Gelatine in half a pint of the milk. Make a custard with the remainder of the milk, the beaten yolks of the eggs, and 3 ozs. sugar. Let it cool slightly and add the dissolved Gelatine and the vanilla to it. Whisk the whites of the eggs to a stiff froth, adding to them the remaining 2 ozs. sugar. When the custard is cool, add to the whisked whites and beat for ten minutes on the ice. Pour into a wetted mould. When firm, turn out and decorate, if desired, with sweetened whipped cream and wine jelly coloured green with a little green colouring. The jelly may be stamped out into shapes or chopped. Serve very cold.

133 [Eight to nine persons]
1 oz.
COX'S INSTANT
POWDERED
GELATINE
Short crust
Strained juice of 3 oranges
The grated rind and strained juice of 1 lemon
Yolks of 4 eggs
4 ozs. castor sugar
4 ozs. freshly grated cocoanut
1 pint boiling water

CANARY CREAM TARTLETS

Roll out the pastry to about the thickness of a quarter of an inch and line some patty tins with it. Put a little raw rice in the bottom of each and bake in a moderate oven. Then remove the rice. For the inside mixture, first dissolve the Gelatine in the boiling water, add the strained orange and lemon juice, the grated lemon rind, sugar and cocoanut, and lastly the well-beaten yolks of eggs. Stir over a mild heat until the mixture thickens, then pour into a basin and stir until cold. Use for filling the pastry shells.

134 [Five to six persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 teaspoonful almond essence
3 eggs
4 ozs. sugar
1 oz. chopped almonds
Some slices of sponge cake
4 tablespoonfuls boiling water

CARAMEL TRIFLE

Put two tablespoonfuls of the sugar into a saucepan, stir over the fire until a dark brown colour, add the Gelatine dissolved in the boiling water, stir well, add the rest of the sugar and eggs well beaten, and stir over the fire until it begins to thicken. It must not boil. Remove from the fire and add the extract. Arrange the cake in a glass dish, pour the caramel mixture over it, and decorate with whipped cream and chopped almonds.

135 [Nine to ten persons]
1 oz.
COX'S INSTANT
POWDERED
GELATINE
½ pint milk
1 teaspoonful vanilla essence
4 eggs
4 ozs. sugar
1 pint whipping cream
Finger biscuits
Spun sugar (Recipe No. 200)
1 wineglassful white wine

CHARLOTTE RUSSE

Dissolve the Gelatine with the milk. Mix the yolks with the sugar, add the wine, Gelatine, vanilla, and whipped cream. Pour into a mould lined with finger biscuits. Turn out when set and decorate with the spun sugar.

136 [Six to seven persons]
1 oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill milk
1 gill whipping cream
Some wine jelly (Recipe No. 18)
1 lb. raspberries
2 ozs. red currants
6 ozs. sugar
A few white currants

CHARTREUSE OF RASPBERRIES

Line a wet mould with wine jelly. Carefully remove the stalks from a sufficient number of raspberries, and insert a white currant into each. Set the raspberries in the jelly at the bottom and on the sides. Place a smaller sized mould carefully above the raspberries, fill the space between the two moulds with wine jelly. Mix the Gelatine with the milk,

then dissolve over a gentle heat, strain, add the red currants and raspberries rubbed through a sieve, the sugar and whipped cream. When the jelly is firm in the mould, remove the inner lining and pour in the purée ; set on ice until required.

CHOCOLATE CHARLOTTE

[Seven to eight persons] 137

½ oz.
COX'S INSTANT
POWDERED
GELATINE
¼ pint boiling water
1 pint whipping cream
2 ozs. sugar
4 ozs. castor sugar
½ teaspoonful vanilla essence
1 oz. chocolate
1 gill hot milk
Some finger biscuits

Dissolve the Gelatine with the water. Put the chocolate into a saucepan with two tablespoonfuls boiling water and the sugar ; stir until smooth, then add the hot milk, dissolved Gelatine, vanilla, powdered sugar, and whipped cream. Mix gently until it begins to thicken. Pour into a mould lined with finger biscuits. Set away in a cool place.

CHERRY SPONGE

[Six to eight persons] 138

1 oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
½ pint cold water
1 lb. sugar
Few drops red colouring
Whites 2 eggs
1 teaspoonful almond essence
Chopped lemon jelly (Recipe No. 8)
1½ lbs. juicy cherries.

Put the cherries into a saucepan, add the cold water and sugar, and stew gently till all the juice is extracted. Strain, add the Gelatine dissolved with the boiling water, red colouring, and essence. When nearly cold, add the stiffly beaten whites of eggs. Pour into a wet mould and set on ice until required. Serve with the chopped lemon jelly.

CHERRY DESSERTS

[Four to six persons] 139

½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill whipping cream
2 eggs
4 ozs. sugar
1 lb. cherries
Red colouring
Chopped angelica

Stew the cherries and sugar together till soft, then strain. Dissolve the Gelatine in one gill of the cherry juice. Put the yolks of the eggs into a saucepan, add two tablespoonfuls of cherry juice and beat over hot water till thick, then add the Gelatine, whipped cream, and whites of eggs beaten stiffly, and a little colouring. Pour into small wet moulds. Turn out when set and decorate with roses of whipped cream and angelica.

CHESTER PUDDING

[Five to six persons] 140

½ oz.
COX'S INSTANT
POWDERED
GELATINE
Juice 2 oranges
1 gill boiling water

Cover the dates with the orange juice. Dissolve the Gelatine with boiling water. Beat up the cream, add sugar, dates, orange juice, vanilla, boiled rice, and Gelatine. Stir care-

4 ozs. chopped dates
1 teaspoonful vanilla essence
4 ozs. sugar
4 tablespoonfuls boiled rice
1 pint whipping cream

fully until whole is well mixed, then pour into a wet mould. Turn out when set. It may be dusted over thickly with ground almonds and served with cream.

141 [Five to six persons]
1 teaspoonful
COX'S INSTANT
POWDERED
GELATINE
6 bananas
½ pint orange juice
Juice ½ lemon
½ lb. sugar
Chopped hazel nuts
Candied cherries

COMPOTE OF BANANAS

Peel and remove the threads from the bananas, cover them with boiling water for a few seconds. Drain and coat each with orange syrup. Pile in the form of a pyramid, pour the rest of the syrup over them, and sprinkle with the nuts and cherries. To make the syrup, put the Gelatine into a saucepan, add orange juice and pulp, lemon juice and sugar, boil for 6 minutes and strain.

142 [Ten to twelve persons]
½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 pint boiling water
½ lb. sugar
Rind and juice 1 lemon
Rind and juice 1 orange
3 tablespoonfuls sherry wine
6 peaches
8 bananas
Whipped cream

COMPOTE OF BANANAS AND PEACHES

Slice the peaches and bananas into a dish and add the wine. Put one and a half cups of the water into a saucepan, add the sugar, rind and juice of the orange and lemon, boil for 10 minutes, remove from the fire, add the Gelatine dissolved in the other half-cup of water, and strain over the fruit. Set away until firm. Serve with whipped sweetened cream.

143 [Seven to nine persons]
1 oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill clear hot coffee
½ pint milk
4 ozs. sugar
Yolks 2 eggs
2 ozs. castor sugar
¼ teaspoonful salt
1½ pints whipping cream
Finger biscuits

COFFEE CHARLOTTE RUSSE

Scald the milk over hot water with the half-cup of sugar. Beat the yolks of the eggs, gradually add the powdered sugar, salt, and hot milk. Stir over the fire until it thickens, then add the Gelatine dissolved in the coffee. Strain into a basin, stir over ice until the mixture begins to thicken, and fold in the whipped cream. Turn into moulds lined with finger biscuits.

144 [Seven to eight persons]
1 pint milk
½ pint cream
Yolks of 2 eggs
4 ozs. castor sugar
1 teaspoonful vanilla essence

CUSTARD À LA VERSAILLES

Custard.

Put the milk into a double boiler and make it hot; beat together the yolks of the eggs and the castor sugar until very light. Add

them to the hot milk and cook for a moment, being careful not to let the mixture boil. Take from the fire, strain, add the vanilla essence and allow to become absolutely cold, then stir the cream into it and freeze. Serve with Empire sauce made as follows :

Sauce.

Dissolve the Gelatine in the boiling water. Put the milk into a double boiler and when hot add the beaten yolks of the eggs and the sugar ; cook for a moment without letting it boil. Add the dissolved Gelatine and the vanilla essence. Whisk the whites of the eggs to a stiff froth ; pour over this the hot custard, beating all the time. Add the sherry to taste and let the sauce become quite cold before serving with the frozen custard.

½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 pint milk
3 eggs
1 teaspoonful vanilla essence
Sherry to taste
2 ozs. sugar
½ gill boiling water

DOUGLAS PUDDING

[Eight to nine persons] **145**

Put the milk, bay leaves, sugar, and lemon rind into a double boiler, cook for 20 minutes, remove from the fire, strain, return the pan to the stove, add the cream, bring to boiling point, stir in the rice flour, add the Gelatine dissolved with the water, and strain into a basin. Add the vanilla, maraschino, brandy, the fruits cut into small pieces, and the whipped cream. Pour into a wet mould. Turn out when set and decorate with the spun sugar and ferns.

½ oz.
COX'S INSTANT
POWDERED
GELATINE
4 tablespoonfuls boiling water
6 ozs. sugar
1 gill milk
2 tablespoonfuls brandy
4 bay leaves
4 ozs. rice flour
1 pint whipping cream
1 teaspoonful vanilla essence
1 wineglassful maraschino
Peel 2 lemons
1½ gills cream
4 ozs. preserved fruits
Spun sugar (Recipe No. 200)
Fern fronds

GENEVA CHARLOTTE

[Five to six persons] **146**

Line a wet mould with the jelly, decorate with the cherries and set them with a little more jelly. Dissolve the Gelatine with one cup of the milk. Put the sugar, cream, and the rest of the milk into a saucepan, bring them to the boil, pour over the beaten yolks of eggs, return to the saucepan, stir till they thicken, strain and add the Gelatine. When nearly cold add the curaçao and ginger cut up, and pour into the prepared mould. When turned out serve with whipped cream.

1 oz.
COX'S INSTANT
POWDERED
GELATINE
½ pint cream
1 pint milk
3 ozs. sugar
2 ozs. preserved cherries
6 yolks eggs
1 wineglassful curaçao
2 ozs. preserved ginger
Some wine jelly (Recipe No. 18)

147 [Five to seven persons]

GOLDEN CREAM PUDDING

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
1½ pints milk
3 eggs
4 ozs. sugar
½ wineglassful sherry wine
1 teaspoonful vanilla essence
Pinch of salt
Some pink wafers

Put the Gelatine into a saucepan, add the milk, dissolve slowly, then add the sugar and yolks of eggs well beaten. Stir over the fire for a few minutes, but do not boil. Cool, add the wine, vanilla, salt, and whites stiffly beaten. Whisk all together for five minutes, then pour into a wet mould. Serve decorated with pink wafers.

148 [Four to six persons]

MILANAISE SOUFFLÉ

¾ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill boiling water
½ pint whipping cream
3 eggs
½ lb. sugar
2 lemons
Some macaroons
Crystallised violets or rose petals

Put the yolks of the eggs into a saucepan, add the sugar, grated rinds and strained juice of the lemons ; stir until hot, then strain into a basin, add the Gelatine dissolved with the water, cool, and add the whipped cream and whites of eggs stiffly beaten. Pour into a pretty dish. When set, grate some macaroons on the top and ornament with the violet or rose petals.

149 [Six to eight persons]

ORANGE DELIGHT

½ oz.
COX'S INSTANT
POWDERED
GELATINE
6 seedless oranges
2 tablespoonfuls brandy
3 ozs. castor sugar
½ pint whipped cream
Juice of ½ lemon
1 oz. finely chopped pistachio nuts
A few glacé cherries
½ gill boiling water

Cut the end slice off the tops of the oranges and scoop out the pulp without breaking the rind. Put the pulp into a basin and mix with it the brandy, sugar, and lemon juice. Dissolve the Gelatine in the boiling water, add the orange pulp to it, and stir for a few seconds over a medium heat to thoroughly mix it. Strain into a basin. When beginning to cool, fill the orange-shell three-quarters full of this mixture and put on the ice to set. When quite firm, cut the tops of the oranges into leaves and roll them back. Fill the tops with whipped cream and decorate with chopped pistachio nuts and glacé cherries

150 [Four to five persons]

ORANGE MOULD

½ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill milk
1 gill cream
1 gill orange juice
2 ozs. sugar
3 eggs
1 teaspoonful lemon juice

Mix the Gelatine in a saucepan with the milk, add the cream and yolks of eggs, and stir over the fire till they thicken. It must not boil. Remove from the fire, add the sugar, orange and lemon juice and red colouring, and the whites of eggs beaten stiffly. Stir over ice till beginning to set,

then pour into a wet mould. Turn out when firm and garnish with sections of orange rolled in pink sugar.

Few drops red colouring
Pink sugar
Orange sections

ORANGE SOUFFLÉ

[Eight persons] 151

Put the rinds of the oranges and lemon, with one cup of milk, into a saucepan, bring to boiling point, strain over the beaten yolks of eggs, return to the pan, add the sugar and the Gelatine mixed with half a cup of the milk, stir till dissolved, remove from the fire, allow to cool, then add orange and lemon juice and whites of eggs beaten stiffly. Pour into a pretty dish and set away in a cool place till serving time.

½ oz.
COX'S INSTANT
POWDERED
GELATINE
3 eggs
2 ozs. sugar
Rind and juice 2 oranges
Rind and juice 1 lemon
¾ pint milk

PEAR CUSTARD

[Six persons] 152

Core and peel the pears, cook them until tender in a little sugar syrup, then drain and chop them. Put them into a glass dish. Put the boiling water into a saucepan, add the Gelatine, yolks of eggs, sugar, and milk; stir over the fire until it thickens, then strain over the pears. Beat up the whites of the eggs till stiff, then gradually add three tablespoonfuls sugar and beat for ten minutes longer. When the custard is cold, decorate the top of it with this meringue, using a forcing bag and tube. Sprinkle a little pink sugar over the top and serve at once.

1 teaspoonful
COX'S INSTANT
POWDERED
GELATINE
3 tablespoonfuls boiling water
4 eggs
1½ pints milk
3 ozs. sugar
6 large pears
1 teaspoonful vanilla essence
Pink sugar

PEARS EN SURPRISE

[Ten to twelve persons] 153

Secure fine large pears and chill them thoroughly, peel carefully with a silver knife and remove the seeds with a corer. Mix the Gelatine and the milk, remove from the fire, add the custard, sugar, orange flower water, nut meats, cherries, and whipped cream. Fill the pears with this mixture, using a bag and a plain tube. Garnish round the dish with small bunches of grapes and serve at once.

¼ oz.
COX'S INSTANT
POWDERED
GELATINE
1 gill milk
½ pint custard
2 ozs. sugar
1 gill finely chopped nut meats
1 oz. chopped cherries
½ pint whipped cream
Small bunches of grapes
Some large pears

154 [Five to six persons]
Maraschino jelly (Recipe No. 9) coloured green with a few drops of green colouring
1 pineapple
3 grape fruit
Sugar syrup
2 tablespoonfuls maraschino

PINEAPPLE IN GRAPE FRUIT SHELLS

Grate the pineapple into a basin. Cut the grape fruit into neat halves and carefully scoop out the pulp, leaving it in medium size pieces. Add the grape fruit pulp to the pineapple and stir the maraschino into the mixture with thick sugar syrup to taste. Fill the grape fruit shells with this mixture. Have the maraschino jelly firm and cold in a thin layer on a dish. Stamp it into fancy shapes, and decorate the tops of the grape fruit with these and serve at once.

155 [Five to six persons]
1 oz.
COX'S INSTANT POWDERED GELATINE
3 ozs. chopped almonds
1 oz. bitter almonds
1 gill boiling water
1 pint milk
1½ gills whipping cream
4 ozs. sugar
1 tablespoonful orange flower water
4 yolks eggs
Crystallised fruit

PUDDING À LA ROMAINE

Blanch and chop the almonds finely, put them into a pan and stir over the fire until a light brown colour; add the milk and sugar, let it boil, strain over the yolks of the eggs, stir over the fire for a moment, and add the Gelatine dissolved in the water, and the orange flower water. When cool, fold in the whipped cream and pour into a wet mould. Turn out when set and garnish with preserved or crystallised fruit.

156 [Six to seven persons]
1½ ozs.
COX'S INSTANT POWDERED GELATINE
¾ pint boiling water
½ pint cream
½ pint whipping cream
4 ozs. sugar
2 tablespoonfuls sherry wine
2 ozs. glacé fruits
2 ozs. maraschino cherries
2 ozs. hazel nut meats
Candied rose leaves

SAN JOSE PUDDING

Dissolve the Gelatine with the water and add the cream and sugar. When cool, add the wine, fold in the whipped cream, and set on ice. When beginning to set add the fruits, cherries, and nuts cut in small pieces. Chill and serve in dainty glasses with a few candied rose leaves on top.

157 [Five to six persons]
1 oz.
COX'S INSTANT POWDERED GELATINE
¾ pint boiling water
Yolks 5 eggs
3 wineglassfuls of sherry wine

SHERRY PUDDING

Put the Gelatine into a saucepan, add the boiling water, sugar, thinly cut peel of lemons and lemon juice; allow to heat, then strain over the beaten yolks; add the brandy and sherry, place over boiling water

and stir for a few minutes. Pour into a wet mould and allow to set.

1 wineglassful brandy
Peel 2 lemons
Juice 3 lemons
½ lb. sugar

SNOW PUDDING

[Five to seven persons] 158

Put the Gelatine into a saucepan, add the water, sugar, thinly peeled rind and juice of the lemons, stir until they boil, then strain. When beginning to set, add gradually to the well-beaten whites of the eggs, stirring all the time. Pour into a wet mould and turn out when set. Serve with grated pineapple, or with peaches and cream. It is also nice with custard.

1 oz.
COX'S INSTANT POWDERED GELATINE
2 lemons
Whites 6 eggs
6 ozs. sugar
1½ pints boiling water
Grated pineapple or peaches

STRAWBERRY CROQUANTE

[Seven to nine persons] 159

Decorate a mould with strawberries. They should be dipped in melted jelly and arranged closely together around the bottom and sides of the mould; set away on ice. Mix the Gelatine with the boiling water, add sugar and dissolve. Strain into a basin, add the strawberry juice, and, when cool, fold in the whipped cream. Pour into the decorated mould, set away to stiffen, and turn out when set. Garnish with chopped strawberry jelly.

1½ ozs.
COX'S INSTANT POWDERED GELATINE
½ pint boiling water
½ lb. sugar
1 pint strawberry juice
1 pint whipping cream
1 quart firm strawberries
Some strawberry jelly (Recipe No. 17)

STRAWBERRY DESSERT

[Six to eight persons] 160

Put the Gelatine into a saucepan, add the strawberry juice and wine, dissolve over a gentle heat, remove from the fire, add the sugar, essence, and ten large strawberries which have been quartered. Stand on ice till the mixture begins to thicken, then fold in the whipped cream and the whites of eggs stiffly beaten. Pour into a wet mould and place on ice till required.

1 oz.
COX'S INSTANT POWDERED GELATINE
1 cup strawberry juice
½ pint white wine
4 ozs. sugar
1 teaspoonful vanilla essence
1 pint whipping cream
10 strawberries
2 whites of eggs

VIRGINIA BLANC-MANGE

[Eight to ten persons] 161

Dissolve the Gelatine with the milk, add the boiling cream, sugar, essence, and wine. A good flavour is also obtained by boiling in the cream a few peach leaves; this will take the place of the almond essence. Pour into

1½ ozs.
COX'S INSTANT POWDERED GELATINE
1½ pints milk
1½ pints boiling cream
½ lb. sugar

1 teaspoonful almond essence
2 tablespoonfuls sherry wine
Chopped wine jelly (Recipe No. 13)

small wet moulds. Turn out when set and garnish with the chopped wine jelly.

FOR FURTHER PUDDING RECIPES

See numbers 47, 48, 49, 50, 51, 52, 53, 54, 55, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68.

Invalid Recipes

It is not so generally known as it should be how extremely useful an article Gelatine may become to the doctor and nurse.

The old-time halo which surrounded the use of calf's foot jelly has largely passed away, together with all the time and trouble which making it involved. But as a grateful, refreshing, and palatable method of conveying nourishment to the invalid, PURE Gelatine is still unrivalled. Gelatine, however, is an article requiring so much care and cleanliness in its manufacture, that the doctor or nurse cannot exercise too great vigilance in the selection of the article used. Repeated chemical analyses have demonstrated that COX'S INSTANT POWDERED GELATINE IS ABSOLUTELY PURE AND HIGHLY REFINED.

Gelatine is useful to give body to soups, etc., where ordinary thickening with cereals is not suited to the case.

COX'S SHREDDED GELATINE MAY BE USED IN ANY OF THE FOLLOWING RECIPES, BUT MUST BE SOAKED IN COLD WATER OR MILK FOR TEN MINUTES BEFORE BEING DISSOLVED.

Savouries

CONVALESCENT SOUP

162

¼ oz. COX'S INSTANT POWDERED GELATINE
¾ pint milk
1 gill cream
1 egg
1 glass white wine
Sugar to taste
Essence of cinnamon

Put the milk into a saucepan, add the Gelatine and stir till hot. Then add the egg well beaten and cook for a minute without allowing it to boil. Add the wine, sugar, and flavouring to taste, and serve.

INVALID BEEF TEA JELLY

163

¼ oz. COX'S INSTANT POWDERED GELATINE
½ pint strong beef tea

Make half a pint of good beef tea ; while hot, stir in the Gelatine and strain into a basin. Season, and pour into small moulds rinsed in cold water, or into china cases. When firm, dip the moulds into hot water, and turn quickly out on to a dish—or if in china cases, serve in the case. Increase the Gelatine in warm weather. This is usefully remembered in the case of invalids on tepid diet, as it is very palatable and soothing in that form.

MEAT AND EGG SOUP

164 ½ oz. COX'S INSTANT POWDERED GELATINE
½ lb. beef and veal
Seasoning if allowed
1¼ pints water
2 eggs

Mince the meat (lean and fresh) and cook it beef-tea fashion in the water for 2 hours. Add the Gelatine about 5 minutes before the meat is ready, and strain. Beat the yolks of eggs, removing the specks, and add the liquor a spoonful at a time at first, beating well. When blended, reheat, and serve hot or tepid, with toast or plain biscuits. This is useful where nourishment is required, but where only weak meat dishes are allowed.

(Another way)

Proceed as before, but at the time of serving, instead of cooking eggs in the liquor, pour a cupful of it over a lightly poached egg in the soup plate. And if more body is preferred, a little boiled rice may be added. A mild flavouring of curry powder or paste (for convalescents) is often relished for this class of soup; so is tomato sauce or catsup; even a few drops add zest to the dish.

MEAT JELLY WITH VERMICELLI

165 ½ oz. COX'S INSTANT POWDERED GELATINE
¼ lb. lean neck of mutton
¼ lb. beef (from thick part of leg)
½ oz. vermicelli
A little salt
1½ pints cold water
1 tablespoonful of brandy
Seasoning (unless for acute illness)

Cut the meat very small and put into the water for an hour, place over the fire and bring to the boil. Then add the other ingredients (except the brandy), and simmer well for 4 or 5 hours down to less than a pint, skimming well in the early stage of cooking; stir in the Gelatine and strain carefully through a sieve and free from all fat. Add the brandy. Pour into small dariole moulds, and serve as required. If preferred, the jelly could be served as beef tea. Other meats, also poultry, may be similarly used.

PHEASANT PURÉE

166 ¼ oz. COX'S INSTANT POWDERED GELATINE
¼ lb. of raw pheasant, preferably the breast
½ pint of stock and milk mixed
1 egg
½ oz. butter

Mince the meat and pound it with the yolk of egg and butter, and a little seasoning of salt, pepper, and a drop or two of essence of cloves; sieve this. Add the Gelatine to the stock, also the milk, and stir over the fire until the Gelatine is melted; put in the meat, and cook in a double pan for 20 minutes or more. Serve with dry toast or plain biscuits.

(Another way)

Reduce the stock and milk to a third of a pint, and cook the mixture in little moulds for cold service, or to use for sandwiches. Other game, or game and poultry, can be used similarly, and cream may replace butter.

RAW BEEF SANDWICHES

(A new mode)

Scrape the pulp from a lean fresh steak by laying it flat on a plate. Use a sharp knife, and scrape from you, leaving nothing behind but the skin. Dissolve the Gelatine in the water, and when cool mix in the cream, then the meat, which should be prepared the last thing. About two or three ounces will be wanted. Pour out on a flat dish to get quite cold, then either stamp it out in rounds and place between thin slices of bread and butter the same size and shape, or cut it in dice and make the sandwiches in the usual way.

167

¼ oz.
COX'S INSTANT POWDERED GELATINE
A beef steak (about 2 or 3 ozs.)
1 gill of water
Seasoning, if allowed
½ gill of cream

Note.—In extreme illness this mode is not suitable, but convalescents will find it very acceptable. A few drops of essence of cloves or cinnamon improve the flavour.

A VERY USEFUL STOCK

The meat should be fresh and lean, and cut small. Put it into a jar with the water and salt, and cook it over the fire in a saucepan of water for 5 or 6 hours. Or it may be cooked in a slow oven for a more savoury stock. The Gelatine should be added to the stock a few minutes before it is done. Strain through a fine sieve, pressing the meat well; then leave to cool; remove any fat from the surface, and reheat as required.

168

1 oz.
COX'S INSTANT POWDERED GELATINE
1 lb. gravy beef
3 pints cold water
1 lb. mutton
1 teaspoonful salt

Note.—Skim as needed, and in warm weather use rather more Gelatine and make only half this quantity. This is available for a number of purposes. Extra seasoning can be added in the form of peppercorns or cloves; or essence of cloves, just a few drops. It may be flavoured with wine and served cold. Again, it may be converted into a very nourishing soup by adding a little cream or a beaten egg to a gill, and reheating, not reboiling.

TASTY FISH SAUCE

Add the Gelatine to the strained stock (made from the bones and trimmings of any white fish), then dissolve it, and add the milk heated with the butter or cream. The egg should

169

½ oz.
COX'S INSTANT POWDERED GELATINE
¼ pint milk
1 egg
¼ pint fish stock

½ oz. butter or one tablespoonful of cream
Seasoning as described

be beaten and strained and the hot mixture added by degrees, and well beaten. Salt and pepper if allowed, and a drop or two of lemon extract with a few drops of anchovy essence complete the sauce. A slice of onion or a sprig of parsley may be simmered in the stock for further flavour if desired.

Note.—Reheat carefully after adding the egg. Useful to serve with fish, or to reheat cold fish. For a better sauce, use one egg to a gill of the mixed stock and milk.

170 1 oz. COX'S INSTANT POWDERED GELATINE
1 lb. of meat (beef, mutton, veal, alone or mixed with poultry cuttings)
1 oz. vermicelli
3 pints cold water
Seasoning, if allowed

VERMICELLI SOUP (for Invalids)

Cut up the meat and place with all the ingredients except the Gelatine into a jar, soak for an hour, then simmer for several hours, stirring from time to time. Add the Gelatine about 5 minutes before taking from the stove. Strain through a sieve. This may be given to an invalid in the form of a jelly; or, again, may be taken up hot with the addition of a little milk or cream, added at the time of serving.

Sweets

AMBER JELLY

171

½ oz. COX'S INSTANT POWDERED GELATINE
4 yolks of eggs or 2 whole eggs
¼ pint sherry or marsala
¼ pint strained lemon juice
4 ozs. sugar
½ pint water
1 lemon rind, thinly cut

Dissolve the Gelatine in the water. Then put all the ingredients into a saucepan and whisk over the fire until thick, but do not let it boil. Strain and set in dariole moulds rinsed with cold water. Turn on to a cold dish and serve. This jelly is excellent ; the eggs are very nourishing, and the wine and lemon juice give it a delicious flavour.

BAVAROISE

172

¼ oz. COX'S INSTANT POWDERED GELATINE
1 wineglassful brandy
¼ pint cream
1 gill milk
2 ozs. sugar

Add the Gelatine to the milk, and then dissolve gently over the fire with the sugar. Whip the cream and add the brandy. Stir in the strained Gelatine and sugar. Set in small moulds and turn out when firm.

BROWN BREAD CREAM

173

¾ oz. COX'S INSTANT POWDERED GELATINE
4 ozs. sugar
A few drops of vanilla essence
2 ozs. brown bread crumbs
½ pint cream
1 pint milk

Prepare the bread crumbs, then pour over them a pint of boiling milk ; add the sugar, vanilla, and Gelatine, and stir until dissolved. When cool, add the cream, well beaten, and mould. A little brandy or wine can be added as the doctor orders.

DIGESTIBLE PUDDING SAUCES

174

Very excellent pudding sauces may be made by taking either of the blanc-mange mixtures while warm, and adding a little essence of orange, lemon, cloves, etc., according to the nature of the dish. Those on cream diet will find the following very delicious :—

Beat together a teaspoonful of sugar, two tablespoonfuls of cream, and a gill of milk, in which a quarter of an ounce of COX'S INSTANT POWDERED GELATINE has been dissolved. Heat and flavour with wine, brandy, or any of the above essences. A little fruit syrup will be enjoyed by some as flavouring.

EGG JELLY

175

½ oz. COX'S INSTANT POWDERED GELATINE
1 pint water
Well-beaten yolks of 4 eggs
3 ozs. sugar

Put the Gelatine, water, sugar, and lemon in a stewpan, and stir over the fire until the mixture comes to the simmering point. Have ready the well-beaten yolks of the eggs in a

The grated rind and strained juice of 1 lemon

basin, and add to them the contents of the stewpan. Stir over the fire for a few seconds, but do not let it boil. When nearly cold, strain into a mould previously rinsed in cold water. If wanted for an invalid, set in little moulds, in order that it may be served conveniently in small quantities, so essential in sick-room cookery. This is a soothing drink in a liquid warm state.

176 1 oz. COX'S INSTANT POWDERED GELATINE
1 oz. ground rice
1 oz. sago
1 oz. pearl barley
2 quarts cold water

GLOUCESTER JELLY

Put all the ingredients into a saucepan and boil gently until the liquid is reduced to one quart (about 2 hours); strain and put aside until wanted. It may be sweetened and flavoured, and eaten like jelly, or a few spoonfuls of it may be dissolved in milk, tea, or broth. It is nourishing and easily digested.

177 ½ oz. COX'S INSTANT POWDERED GELATINE
½ pint water
1½ lbs. ripe purple grapes
¼ lb. loaf sugar
2 tablespoonfuls of brandy

GRAPE JELLY

Dissolve the Gelatine in the water. Put the grapes into a saucepan, bruise them with the back of a wooden spoon until the juice flows freely, strain them without pressure through two or three thicknesses of muslin, and when clear boil it with the dissolved Gelatine for ten minutes. Add the brandy and pour into the mould, and allow to set. If the grapes are very juicy, use one-quarter ounce more Gelatine.

178 ½ oz. COX'S INSTANT POWDERED GELATINE
2 eggs
The strained juice of 1 lemon
1 gill water
4 ozs. sugar
1 wineglassful brandy
½ pint whipped cream

LEMON CREAMS

Place the Gelatine and water in a saucepan with the eggs well beaten, butter, sugar, and lemon juice, and stir until the mixture slightly thickens. Strain into a basin. Add the brandy and cream, and set in dariole moulds. This is a useful recipe where cream forms part of the diet.

179 1½ to 1¾ ozs. COX'S INSTANT POWDERED GELATINE (according to temperature)
1 pint water

PORT WINE JELLY

Place the Gelatine in the water with the other ingredients in a stewpan and whisk together until it boils, allow to boil up well for about

10 minutes without stirring, let simmer for 10 minutes. Take off the fire, and let stand 5 minutes, and strain through a coarse cloth scalded. When clear, set in a mould rinsed in cold water and let stand until firm. It is recommended that this jelly should be set in ice. Turn out quickly on to a cold dish, and serve with a little slightly sweetened whipped cream. This jelly is better flavoured if the wine is added at the moment of straining, and if left uncleared. The sugar here, and elsewhere in this section, should be regarded as approximate; invalids having sometimes a great aversion to much sugar.

1 pint port wine
Strained juice of 2 lemons and the thinly cut rind of 1 lemon
5 ozs. sugar
White of 1 egg whisked; the shell crushed

Miscellaneous Recipes

COX'S SHREDDED GELATINE MAY BE USED IN ANY OF THE FOLLOWING RECIPES, BUT MUST BE SOAKED IN COLD WATER OR MILK FOR TEN MINUTES BEFORE BEING DISSOLVED.

180 ½ oz. COX'S INSTANT POWDERED GELATINE
¾ pint cold water
2 ozs. sugar
½ jar preserved apricots
Few drops red colouring
1 wineglassful rum
1 wineglassful maraschino

APRICOT SAUCE

Put the Gelatine into a saucepan, add the water, sugar, and apricots. Boil gently for 10 minutes, then add the colouring, rum, and maraschino. This sauce is delicious with Gelatine puddings.

181 1 oz. COX'S INSTANT POWDERED GELATINE
4 ozs. glacial acetic acid
30 grains powdered mastic
2 ozs. distilled water

CEMENT FOR CHINA

Mix the Gelatine with the water, then add the acid previously mixed with the mastic. Heat gently over the fire for 20 minutes. Bottle for use.

182 CHICKEN SALAD

One pint of cooked diced chicken, half a pint of tender white celery, one head lettuce, French dressing and mayonnaise dressing. Mix the chicken and celery thoroughly and marinate with the French dressing. Place on ice. When ready to serve, drain, arrange on lettuce leaves, and cover with mayonnaise.

183 ½ oz. COX'S INSTANT POWDERED GELATINE
½ pint cream
½ cup chopped chicken
1 teaspoonful grated horseradish
½ teaspoonful salt
Buttered bread
Olives
Small cress
Shredded lettuce
2 tablespoonfuls boiling water

CREAM OF CHICKEN SANDWICHES

Pound the chicken to a paste, add the Gelatine dissolved with the water, salt, and horseradish ; when it begins to thicken, add the cream and set aside until cold. Cut the bread thicker than usual, butter and cover each slice with the mixture. Decorate with the cress, lettuce, and olives cut into rings There is no top slice of bread.

184 CUSTARDS FOR CREAMS AND PUDDINGS

Put two beaten eggs into a saucepan, add four tablespoonfuls of sugar and one pint of milk. Stir over a slow fire until nearly boiling, then strain. Never allow the custard to boil or it will curdle. Always add flavouring when the custard has cooled, unless otherwise stated.

(Another mode)

Put one pint of milk into a saucepan with three tablespoonfuls of sugar; bring to boiling point, then stir into three well-beaten eggs. Return to the pan, and stir until the custard is of the consistency of thick cream.

(Another mode)

Boil one pint of milk with one bay leaf and three tablespoonfuls of sugar, then add the beaten yolks of four eggs. Stir over the fire till the eggs commence to thicken, then strain.

FRENCH DRESSING

185

One tablespoonful of vinegar, three tablespoonfuls of oil, half a teaspoonful of salt, quarter of a teaspoonful of pepper. Mix the pepper and salt with the oil. Drop the vinegar in slowly, beating continuously with a fork, and it will become thickened and creamy, like an emulsion; a dash of paprika or cayenne may be added.

GELATINE FOR STIFFENING SILKS

186

1 oz. COX'S INSTANT POWDERED GELATINE
1 quart cold water
1 tablespoonful acetic acid
2 quarts boiling water

Mix the Gelatine with the cold water, and add the acetic acid and boiling water. Place the basin over boiling water and cook for 2 hours, strain and cool. The fabric is rinsed in the stiffening and then squeezed out.

GELATINE ICING FOR CAKES

187

½ oz. COX'S INSTANT POWDERED GELATINE
1 gill boiling water
1 teaspoonful lemon juice
Icing sugar

Dissolve the Gelatine with the water, add the lemon juice; then sift in as much icing sugar as it will hold to pour nicely on to a cake.

GLAZE

188

½ oz. COX'S INSTANT POWDERED GELATINE
1 tablespoonful meat extract
½ pint hot water

Dissolve the Gelatine in the water and add the meat extract. Boil until the mixture coats a spoon. Pour into a jar, cover immediately, and keep tightly covered until wanted for use. To melt the glaze stand the jar in hot water when required for coating tongues, etc.

GLYCERINE JELLY FOR CHAPPED HANDS

189

½ oz. COX'S INSTANT POWDERED GELATINE
4 ozs. distilled water
4 ozs. triple rose water

Put the Gelatine into a saucepan, add the distilled water and rose water. Heat gently

16 grains boric acid
8 ozs. pure glycerine
3 drops attar of roses

to dissolve, add the boric acid and glycerine. Strain while warm and add the attar of roses Put into wide-mouthed bottles.

190 HOW TO WHIP CREAM

In the first place the cream should be at least 12, preferably 24 hours old. It must be very cold, and should be thick and rich. Whip it up in a cool basin and in a cool place; when it begins to thicken perceptibly add the beaten whites of two eggs to each pint of cream. This gives it body and richness. Continue beating, adding at the last sugar and flavouring to taste.

191 JELLY ROSETTES

Line some patty pans daintily with pastry, fill with uncooked rice and bake. When ready and cold fill with chopped lemon jelly (Recipe 8). Put a rose of whipped sweetened cream on the top, using a forcing bag and rose tube; decorate with candied rose leaves and chopped pistachio nuts.

192 1 teaspoonful COX'S INSTANT POWDERED GELATINE
2 large lemons
3 pints water
3 lbs. sugar
1 oz. citric acid

LEMON SYRUP

Pare the rinds of the lemons very thinly, put them into a saucepan with the water, boil gently for 15 minutes; add the lemon juice, boil for 15 minutes longer, strain, and return to the pan with the Gelatine, sugar, and acid. Boil gently for 5 minutes longer; allow to cool, and it is ready for use.

193 MAYONNAISE DRESSING

Half a pint of olive oil, the yolk of one raw egg, one tablespoonful of vinegar, one tablespoonful of lemon juice, half a teaspoonful of powdered sugar, quarter of a teaspoonful of salt, a dash of red pepper, a quarter of a teaspoonful of mustard. Mix the salt, red pepper, mustard, and yolk of egg. Beat with a wooden spoon until slightly thickened. Add the sugar, and a teaspoonful of lemon juice or vinegar, and when well blended with the other ingredients add the oil gradually, beating constantly. When several teaspoonfuls of the oil have been added, a small egg beater may be substituted for the wooden spoon, and the oil may be added faster. When the mixture becomes too thick to beat easily, add a little of the lemon juice or vinegar, then more oil, and so on, alternating until all the ingredients are used. If liked, add more seasoning.

MOTTLED GARNISHING CREAM

194

½ teaspoonful COX'S INSTANT POWDERED GELATINE
1 tablespoonful boiling water
½ pint whipping cream
2 ozs. sugar
1 teaspoonful vanilla essence
6 drops red colouring

Dissolve the Gelatine with the water, add the sugar, essence, and whipped cream ; drop in the red colouring ; after it is added draw a fork through the cream, which will give it a mottled appearance.

ORANGE SAUCE

195

¼ oz. COX'S INSTANT POWDERED GELATINE
1 gill boiling water
2 tablespoonfuls brandy
pulp of 4 oranges
½ pint cold water
4 ozs. sugar

Put the oranges, cold water, and sugar into a saucepan, boil gently for 15 minutes, then add the Gelatine mixed with the hot water. Strain and flavour with the brandy.

PINK SUGAR FOR GARNISHING

196

Put one or two tablespoonfuls granulated sugar on to a piece of white paper, and drop a little red colouring on to it. Rub together with a wooden spoon. Dry and keep in a tin.

A REALISTIC WATERMELON

197

Have enough lemon jelly coloured green (Recipe No. 8) to fill a wet melon mould. Place on ice till set, then scoop out the centre and put back on the ice. Fill the centre with strawberry jelly (Recipe No. 17) that is almost setting, then place some seeded raisins through the centre and set away to stiffen. A better effect can be obtained by using half a watermelon rind for a mould.

RED MAYONNAISE

198

Cook one can of tomatoes, strain, and cook again until reduced to two tablespoonfuls. When cold, add to the mayonnaise until the desired tint has been obtained.

ROSE SAUCE

199

1 teaspoonful COX'S INSTANT POWDERED GELATINE
1½ pints cold water
1 gill boiling water
Grated rind and juice 1 lemon
1 lb. sugar
½ teaspoonful vanilla essence
1 large beet

Peel and slice the beet into a saucepan, add the cold water, grated rind and juice of the lemon, boil for 10 minutes ; add the sugar and Gelatine dissolved in the boiling water, cook for 10 minutes longer, remove from the fire, add the essence, and strain.

SPUN SUGAR

200

Put half a pound of granulated sugar into a clean copper saucepan, add one gill of water and allow it to dissolve. Bring it to the boil, add

a pinch of cream of tartar, remove the scum, and continue to boil till it registers 290° F. or the small crack. Now take a fork or spoon and throw the sugar lightly on an oiled rolling pin or oiled handle of a large wooden spoon. Move the fork or spoon to and fro ; the sugar will then form the desired threads.

201 A SUBSTITUTE FOR WHIPPED CREAM

Whip the cream and add the sugar and vanilla. Dissolve the Gelatine in the milk, cool, whip, and gently stir in the cream.

½ oz. (or a little less) COX'S INSTANT POWDERED GELATINE
¼ pint cream
¾ pint milk
1½ ozs. castor sugar
Vanilla essence to taste

COX'S

INSTANT POWDERED

GELATINE

FOR USE WITH RECIPES IN THIS BOOK

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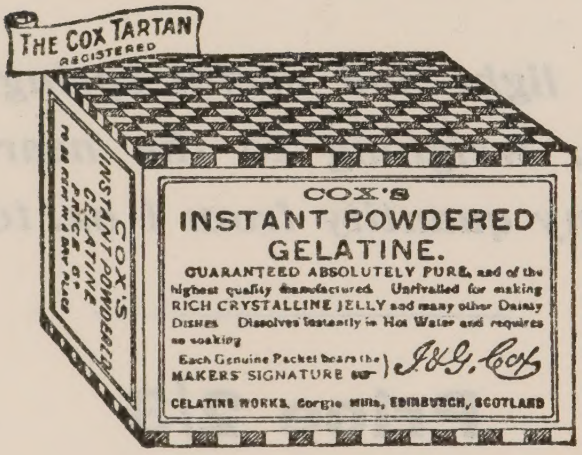
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